

COSMETIC SURGERY & BEAUTY

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ISSUE 71 • FEB-APRIL 2016

ALL ABOUT BREASTS

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BEAUTY COUNTDOWN TO YOUR BIG DAY

CHANGING
FACE OF
Barbie

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Skin

**Hair
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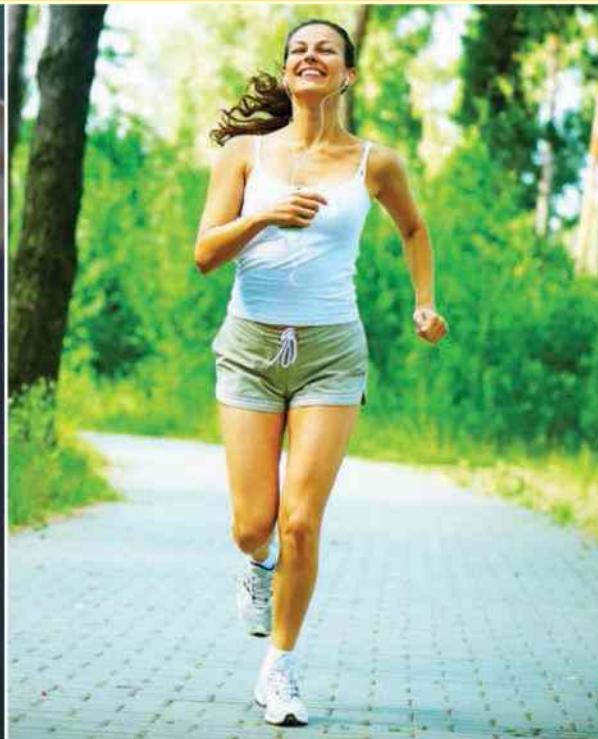
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Injuries**

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EDITOR'S LETTER



Welcome to our first issue for 2016, and we hope you're enjoying the end of a fabulous summer. This is the time of year when our new year's resolutions may start to fall by the wayside and we're no doubt beating ourselves up about not being able to keep them! To me, the most important thing is balance, which is why our articles on how to Boost Your Mental Health and Wellbeing in 2016 (p84) and Life in the Slow Lane (p90) really resonated with me.

It's also the time of year when our skin is crying out for repair after all the sun, salt and less-than-salubrious partying. We share the products and tips to revive dehydrated post-summer skin on page 78.

We also have all our regular features and in particular we delve into laser therapies for a multitude of treatments, ranging from skin rejuvenation and tattoo removal through to vaginal rejuvenation, as well as our in-depth article on the anatomy and allure of breasts (p62).

These days, cosmetic rejuvenation is all about the 'less is more' approach – and it seems that Barbie got the memo. In our article on The Changing Face of Barbie on page 28, we take an interesting walk through time to see how Barbie's looks have changed with the times over the past 50 years, leading to her most recent reincarnation as 'realistic' Barbie.

Also, for the brides-to-be out there, we have a special feature with a countdown to the big day – what procedures to have and when to have them to make sure you're camera ready. See page 38 to get the lowdown!

With Valentine's Day upon us, we look at the science behind sexual attraction. Interestingly, it's more than just 'packaging' – find out how we are hardwired to react to a certain physicality or type on page 22.

For more information on all cosmetic enhancement and beauty, visit us online at www.cosbeauty.com.au. You'll also find Australia's most comprehensive online directory on our site, so if you're looking for a trusted practitioner or tried-and-tested product make www.cosbeauty.com.au your first stop.

Michelle Kearney

Editor-in-Chief

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Issue 71

FEB-APRIL 2016

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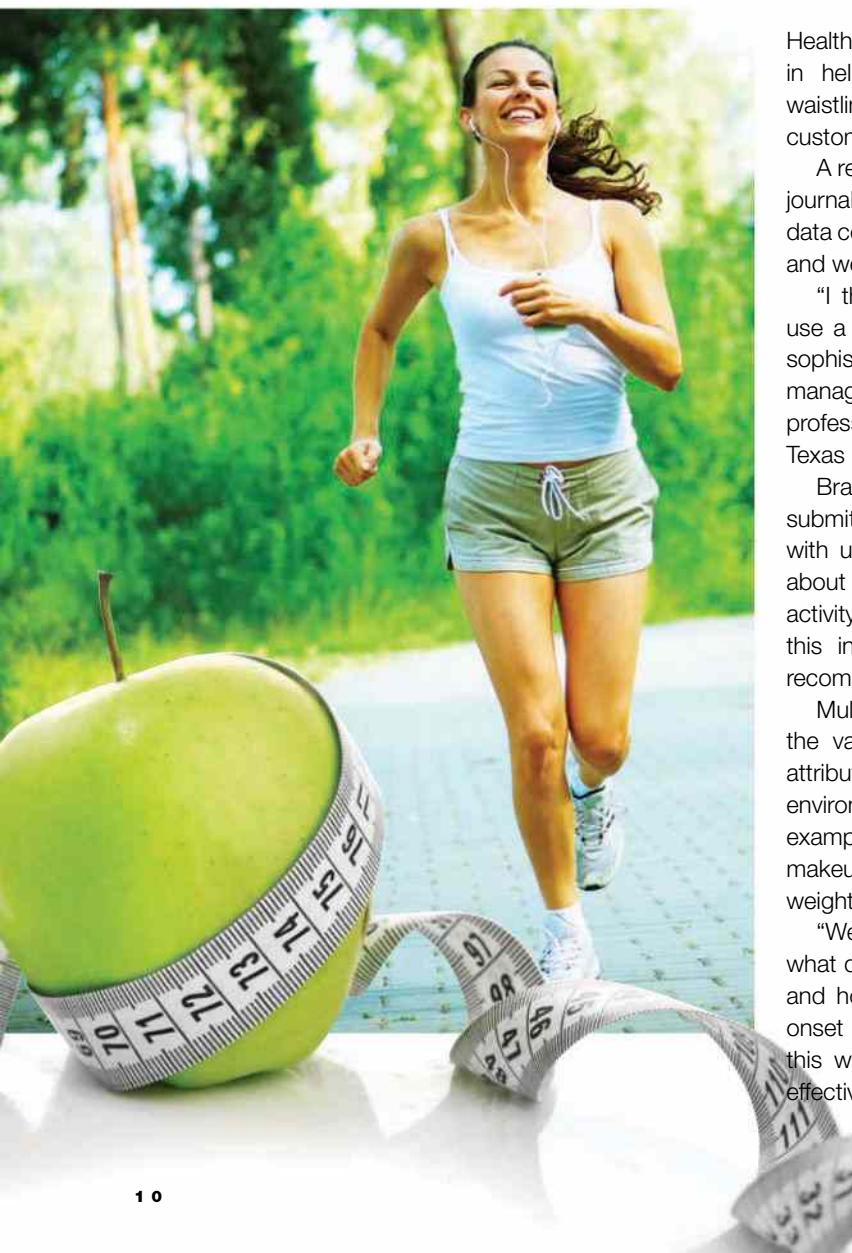
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NEWSFRONT

CATCH UP WITH WHAT'S BEEN HAPPENING IN THE INDUSTRY...

WEIGHT-LOSS PROGRAMS TO BE TAILORED TO A PERSON'S GENETIC DATA



Health experts are predicting that the next big advance in helping overweight people achieve a healthier waistline will be to use an individual's genetic data to customise diets and physical activity plans.

A recent report on the genetics of weight loss, in the journal *Obesity*, identifies how genetic information and data collection may soon be incorporated into research and weight loss treatment.

"I think within five years we'll see people start to use a combination of genetic, behavioural and other sophisticated data to develop individualised weight management plans," says Molly Bray, a geneticist and professor of nutritional sciences at The University of Texas at Austin, who led the working group.

Bray speculates that in the future patients might submit saliva samples for gene sequencing, along with using automated sensors to collect information about factors such as their environment, diet, activity and stress. A computer algorithm would take this information and provide patients with specific recommendations to achieve their target weight.

Multiple research has shown that about half of the variation in people's body mass index can be attributed to genetic factors, while the rest is due to environmental factors, including diet and exercise. For example, depending on a person's specific genetic makeup, exercise might be less effective at reducing weight for some people compared with others.

"We've made great strides in our understanding of what drives eating behaviour, how fat cells are formed and how metabolism is altered before and after the onset of obesity," says Bray. "The time is ripe to take this wealth of data and find ways to utilise it more effectively to treat people in need."

New hair loss treatments could end baldness



Several promising hair loss treatments are in clinical trials, including treatments that would work topically or systemically.

The North American Hair Research Society shared examples of cutting-edge research at the recent 9th World Congress for Hair Research in Florida. Some treatments discussed were:

- Regeneration of hair follicles from stem cells and the possibility to create new follicles (follicular neogenesis)
- New treatments for alopecia areata, the most common form of autoimmune hair loss

- Effects of laser light energy on hair growth
- The role of the prostaglandins that promote or inhibit hair growth
- New treatment approaches for androgenetic alopecia (male and female pattern hair loss) aimed at changing the local follicular environment, reduce follicular stress, and enhancing local production of growth factors – all of which can influence hair growth.

Several hair loss treatments are in clinical trials, which means they may soon be available to the public.

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COSMETIC SURGERY BOOM IN CHINA

Cosmetic procedures have grown incredibly in China as an increasing number of people decide to go under the knife.

In 2014 more than seven million cosmetic surgeries were performed in China.

The industry is now valued at 400bn yuan (US \$62.6bn) and is expected to double by 2019, according to a report issued by the China Association of Plastics and Aesthetics.

It is thought that modernity, consumerism and the accelerated global enrichment of some Asian countries is the reason a growing number of Asian citizens want to find the aesthetic perfection.

The report also said that the number of plastic surgery clinics in China is increasing by 30 percent each year; the figure is currently at 10,000.



FISH OIL CAN HELP YOU LOSE WEIGHT



New research from Japan has found that fish oil transforms fat-storage cells into fat-burning cells, which may reduce weight gain in middle age.

The study published in *Scientific Reports* explains that fish-oil activates receptors in the digestive tract, fires the sympathetic nervous system and induces storage cells to metabolise fat.

Fat tissues don't all store fat, and are broken up into three different groups – white cells, brown cells and beige cells. White cells store fat in order to maintain energy supply, while brown cells metabolise fat to maintain a stable body temperature. Beige cells act similarly to brown cells and also reduce in number as people approach middle age. The scientists investigated whether the number of these beige

cells could be increased by taking in certain types of foods.

Researchers from Kyoto University found that mice fed on fatty food and fish oil gained considerably less weight and fat than mice that consumed fatty food alone. The findings suggest that fish oil is able to transform fat-storage cells into fat-burning cells – and if the same process occurs in humans, fish oil could help us reduce weight gain, especially as we age, when our fat-burning cells are in lesser supply.

"People have long said that food from Japan and the Mediterranean contribute to longevity, but why these cuisines are beneficial was up for debate," adds Kawada. "Now we have better insight into why that may be."

14-YEAR-OLD RECEIVES 3D-PRINTED NOSE IMPLANT



A 14-year-old boy who lost his nose in an accident is thought to be the first person in the United States to have received a fully functional 3D-printed nose, restoring his sense of smell and taste.

The teenager, Dallan Jennet, fell onto a live power line when he was nine, burning his entire face and losing his nose.

Dr Tal Dagan and his team at Mount Sinai in New York created the nose based on sample models taken from Jennet's family members, customising it to his face and vascular requirements so that all function could be restored.

"This procedure may be a breakthrough in facial reconstruction because the patient will never have to deal with the standard issues of transplantation, such as tissue rejection or a lifetime of immunosuppressive therapies," said Dr Dagan.

Jennet's first procedure, in early 2015, took place in the Marshall Islands, where doctors input expanders under the remaining skin of his nose to make room for the reconstructed body part.

The 3D procedure is hoped to be a viable option for others with severe facial deformities who may require reconstructive surgery.

AUGMENTED REALITY MAKES TRYING ON MAKEUP EASY

Choosing different styles of lipstick, eyeshadow or even hairstyles has been made easy with the new augmented reality startup, ModiFace.

The 3D simulation of makeup and beauty effects offers live 3D eye colour simulation, live 3D brow studio, realistic hair colouring simulation and gesture controlled makeup selection.

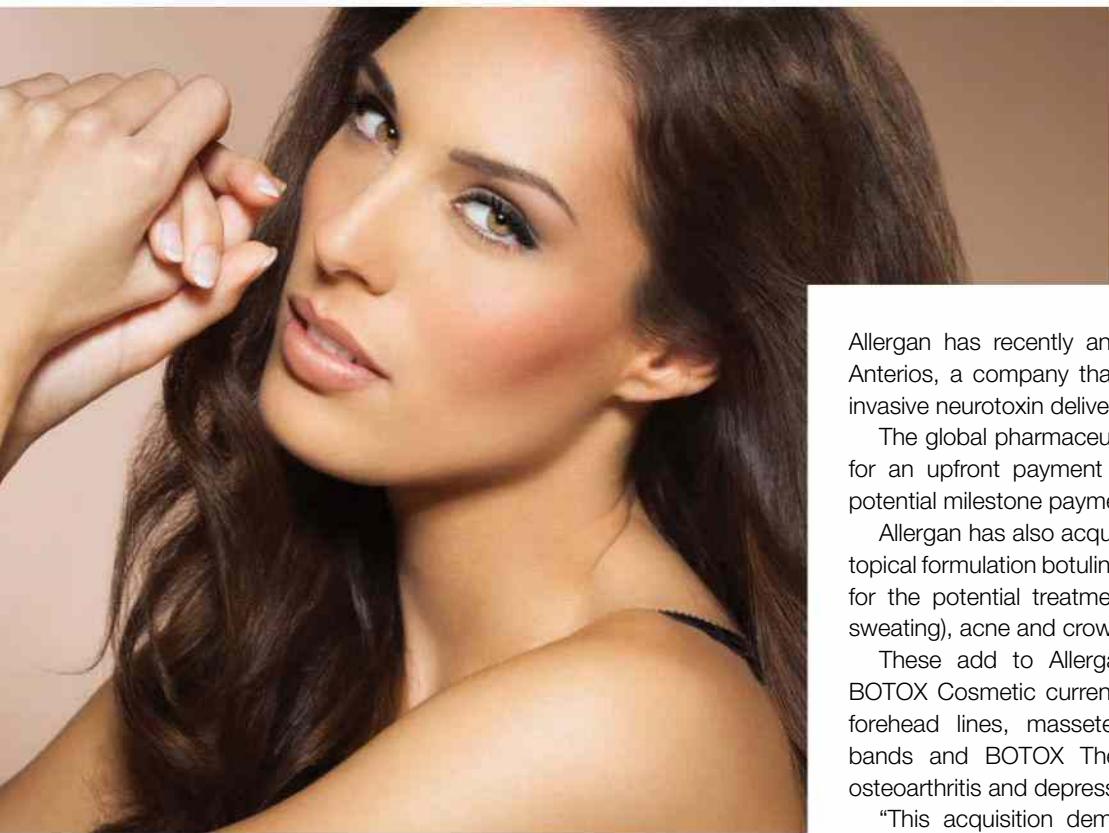
Using your camera on your phone or tablet, a new style can be applied to your skin or hair in real-time on your screen.

In stores, ModiFace's virtual makeup mirror is increasing sales by 31 percent because customers are more confident they'll love what they're buying. As such, brands are paying \$200,000 to \$500,000 a year to integrate ModiFace's augmented reality tech into their own apps.

ModiFace has quietly grown to power apps for 55 of the top makeup brands such as Sephora, P&G and Unilever; its technology has powered 100 million total downloads to date.

With the global cosmetics market recently hitting US \$500 billion, big brands are willing to pay for whatever helps them sell more makeup. But this is a new way to sell makeup: rather than seeing what it looks like on someone else, augmented reality technology like ModiFace allows you to see what a particular product or style will look like on you.





Allergan ACQUIRES ANTERIOS (and a novel way to reduce wrinkles)

Allergan has recently announced that it has acquired Anterios, a company that is developing NDS – a non-invasive neurotoxin delivery system for wrinkles.

The global pharmaceutical company bought Anterios for an upfront payment of \$90 million, in addition to potential milestone payments related to NDS.

Allergan has also acquired rights to ANT-1207, a new topical formulation botulinum toxin type A in development for the potential treatment of hyperhidrosis (excessive sweating), acne and crow's feet lines.

These add to Allergan's neurotoxin pipeline, with BOTOX Cosmetic currently in development for treating forehead lines, masseter hypertrophy and platysma bands and BOTOX Therapeutic in development for osteoarthritis and depression.

"This acquisition demonstrates our ability to apply our tremendous scientific leadership in neurotoxins to further extend our already deep neurotoxin pipeline by advancing a new delivery system and formulations that are appealing to both patients and physicians," said David Nicholson, Executive Vice President and President, Global Brands Research & Development at Allergan.

"The potential for a novel delivery system like NDS and a new topical neurotoxin is exciting for the medical dermatology and aesthetic communities, given that our patients are seeking non-invasive approaches to treat their dermatologic and aesthetic conditions," said William Coleman, III, MD, Clinical Professor of Dermatology and Adjunct Professor of Plastic Surgery, Tulane Health Science Center.

This is definitely a case of "watch this space"!

BARBIE EVOLVES

The iconic blue-eyed, blonde hair bombshell has been given a makeover.

Mattel has recently revealed Barbie's new looks, expanding the collection to include 'tall, curvy and petite' dolls, featuring new skin tones, eye colours and hairstyles.

Read our full story on the evolution of Barbie on page 28.



SALON MELBOURNE 2016 5-6 MARCH



Salon Melbourne, the ultimate destination for beauty professionals, is scheduled to kick off on 5-6 March 2016.

The trade-only event allows beauty professionals to view the latest trends, source new products and connect with industry-renowned artists.

"It's a one-stop-shop for sourcing, inspiration and state-of-the-art business skills in a demanding market," says event director, Julia Erben.

"If they are truly on top of innovation, and offer the latest product and treatment solutions, salons and clinics today can become the trusted advisers for their clients in a turbulent beauty landscape – and the main beneficiary! By bringing together experts, suppliers, salon managers and therapists, Salon Melbourne celebrates the wealth of opportunities presented by the changing beauty landscape."

Salon Melbourne is set to sizzle with several new show features making their debut. New in 2016 is The Hub - an impressive central feature on the expo floor offering four interactive demonstration areas tailored to makeup, nails, grooming and anti-ageing.

Other additions are the Fashion Manicure Competition and the Editorial Makeup Competition, both comprising two categories (professionals and novices), and the exclusive Platinum Program, which is a must for business owners or outstanding industry individuals.

The education program ensures that artists and therapists can walk away with valuable new skills, ready to employ in the salon. The growing demand for in-depth, hands-on learning is satisfied by beauty bootcamps for brows, men, makeup and nails.

In 2016, visitors can expect more of everything: more contributors, more innovations, more resident experts, and more exhibitor news on display.

BROW LIFTS: IRELAND'S FASTEST GROWING PROCEDURE

Interest in browplasty has increased by 440% over the past 12 months, according to research from healthcare search engine WhatClinic.com.

The second most popular procedure was eyelid surgery, medically known as blepharoplasty, with interest increasing by 188%. The mini-facelift, buttocks lift and breast reduction rounds out the top five search terms with the most growth.

Dr John Curran, consultant plastic and reconstructive surgeon at Bon Secours Hospital Tralee in Ireland believes the rise in surgeries could be down to people looking to make a positive change in their life.

"Many patients feel uncomfortable, embarrassed or upset about certain aspects of their bodies so these procedures can make really positive changes to their quality of life," he said.

Emily Ross, director of WhatClinic.com, added: "The cosmetic surgery industry moves quickly and demand is high, but in some cases, so is the risk. That's why it's so important for patients to have realistic expectations, and to not be swayed by offers or deals."

"Sometimes it's better to wait for the 'latest' thing to become tried and tested before you sign on the dotted line."

new

THE MY FACE MY BODY AWARDS AUSTRALASIA

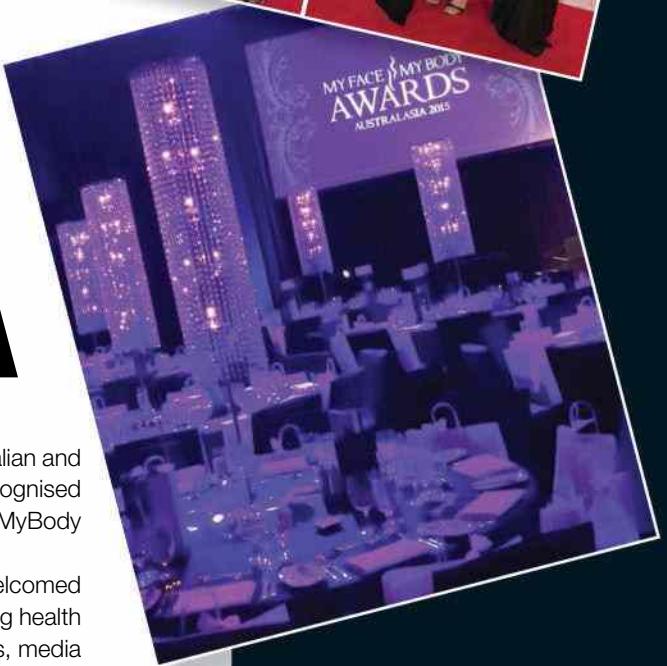
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2015

In November 2015 the best of the Australian and New Zealand aesthetics industry were recognised at the prestigious inaugural MyFaceMyBody awards, held at the Hilton, Sydney.

The glamorous, black-tie event welcomed guests from some of the country's leading health and beauty professionals, beauty brands, media and online influencers.

The awards were categorised under Best Service, Best Aesthetics Blogger and Best Practice for each Australian state and from NZ.

Consumers had the power to vote for their favourite brands, media, clinics and practitioners and the following winners were revealed.



BRAND AWARDS

Cosmeceutical Range of the Year

Ultraceuticals – WINNER

Advanced Skin Technology – Highly Commended
Jan Marini – Highly Commended

Best Anti Ageing Product or Treatment

Advanced Skin Technology – WINNER

Syneron Candela – Highly Commended

Best Skin Tightening Product or Treatment

Advanced Skin Technology – WINNER

Advanced Cosmeceuticals – Highly Commended

Best Body Reshaping Procedure

Lumenis Australia – WINNER

Cutera Australia – Highly Commended

Best Plastic Surgery Product or Device

Advanced Cosmeceuticals – WINNER

Allergan – Highly Commended

Most Innovative Product or Service

High Tech Laser Australia – WINNER

Dermocosmetica – Highly Commended

Best Customer Service by a Manufacturer or Supplier

Syneron Candela – WINNER

Ultraceuticals – Highly Commended

MEDIA AWARDS

Best Aesthetics Beauty Blogger

Plastic Surgery Hub – WINNER

Dr Naomi – Highly Commended

Best Practice Website

Flawless Rejuvenation Skin Clinic – WINNER

Dr Naomi – Highly Commended

CLINIC AWARDS

Best Plastic Surgery Practice

Dr Michael Miroshnik – Plastic & Cosmetic Surgeon – WINNER

Hunter Plastic Surgery – Highly Commended

Best Aesthetic Practice – Vic

Flawless Rejuvenation Skin Clinic – WINNER

Australian Skin Face Body – Highly Commended

Best Aesthetic Practice – NSW

Dr Michael Miroshnik – Plastic & Cosmetic Surgeon – WINNER

Austin Clinic – Highly Commended

Best Aesthetic Practice – QLD

Esteem Medi Spa – WINNER

The Layt Clinic – Highly Commended

Best Aesthetic Practice – ACT

The CAPS Clinic – WINNER

Dr Tony Tonks – Highly Commended

Best Aesthetic Practice – SA/WA/NT

The Skin Clinic Fremantle – WINNER

Advanced Body Image & Spa Lotus – Highly Commended

Best Aesthetic Practice – TAS

Launceston Plastic and Cosmetic Surgery Unit – WINNER

Sanctum Medical Aesthetics – Highly Commended

Best Aesthetic Practice – New Zealand

The Face Place MedSpa – WINNER

Caci – Highly Commended

Best Customer Service

Dr Michael Miroshnik – Plastic & Cosmetic Surgeon – WINNER

Hunter Plastic Surgery – Highly Commended

Best Practice Team

Hunter Plastic Surgery – WINNER

Dr Michael Miroshnik – Plastic & Cosmetic Surgeon – Highly Commended

Best Practice Manager

Dr Naomi – WINNER

The CAPS Clinic – Highly Commended

Best Aesthetic Practice – Overall

Dr Michael Miroshnik – Plastic & Cosmetic Surgeon – WINNER

Flawless Rejuvenation Skin Clinic – Highly Commended

DR FLYNN OPENS NEW GOLD COAST CLINIC

WELCOME TO A NEW ERA OF FIRST-CLASS SERVICE AT THE NEW COSMEDIC & SKIN CLINIC ON THE GOLD COAST.

Enance your natural beauty. That is the philosophy that pulses through Dr John Flynn's new state-of-the-art rooms in Pivotal Point Tower, Southport, located on The Broadwater. At the Cosmedic & Skin Clinic, treatments are tailored for each individual patient to achieve a natural result.

A renowned cosmetic doctor, Dr Flynn has practised on the Gold Coast for more than 20 years. He is a Fellow of the Australasian College of Cosmetic Surgery and has a wide experience in cosmetic surgery including face lifts, breast augmentation, liposculpture, as well as laser treatments and non-surgical rejuvenation.

Dr Flynn establishes a strong patient to doctor relationship as a foundation for treatment, as well as a view that treatments should be tailored to complement natural beauty. Indeed, all treatments at Cosmedic & Skin Clinic aim to enhance, not exaggerate; you don't have to go to extreme measures to enhance your natural beauty.

'We've always had the same view and that is to be conservative. We aim for a natural look, no exaggerated results,' Dr Flynn explains. 'Less is definitely more when it comes to cosmetic intervention.'

EXPERIENCE & TRUST

There is no substitute for quality, and Cosmedic & Skin Clinic make no exceptions. All invasive procedures are performed by qualified doctors whilst non-invasive procedures are performed by highly skilled nurses under supervision of Cosmedic & Skin Clinic doctors.

The demand continues to grow for minimally invasive cosmetic procedures, particularly injectables – they essentially offer short recovery times, fast results and can take years off your appearance. But with this growing popularity comes a very real risk that patients are receiving subpar results, with injectors inexperienced in the fine art of filler and muscle relaxant placement.

'Everyone needs to do their research before undergoing any cosmetic enhancement,' emphasises Dr Flynn. 'Patients need to find out the doctor's qualifications, which organisations they are members of, the drawbacks of the chosen procedure and, above all, to which code of practice they adhere. The most important thing is the relationship between a doctor and a patient. No reasonable doctor would mind answering these questions.'

BREASTS

Whether it's to replace lost volume, reduce tissue or lift heavy breasts, Dr Flynn uses a range of advanced surgical techniques to help achieve a more youthful and aesthetic contour. In balancing proportions, correcting asymmetry or rejuvenating the breasts, results can help boost confidence and heighten body image.

'The overall aim of breast rejuvenation procedures is to balance the body's proportions into a pleasing, feminine silhouette,' Dr Flynn explains. 'Although changing your breasts will not, in itself, change you, it can be effective in restoring self-esteem and body confidence.'



Dr Flynn reminds patients that it is not necessarily a single procedure that will give you your best outcome. When a facelift is the best remedy for sagging and wrinkly skin, this will commonly be performed in conjunction with non-surgical procedures for the most natural-looking results.

'For example, a facelift combined with laser surgery will help to reposition and tighten, as well as smoothen and resurface the complexion,' says Dr Flynn.

'The modern facelift, itself, is very different from previous times,' he continues. 'It relies far less on extensive surgery and more on judicious alterations combining laser resurfacing, dermal fillers and other minimally invasive techniques so that what is essentially known as a "facelift" is no longer a purely surgical experience.'

With an array of treatment options and expertise, Cosmedic & Skin Clinic find the best combination for each patient through a thorough assessment of their individual issues, shaping a personalised solution. 'We are all unique and a good doctor's skill lies in maintaining the significant features that make us who we are,' Dr Flynn concludes. **csbm**

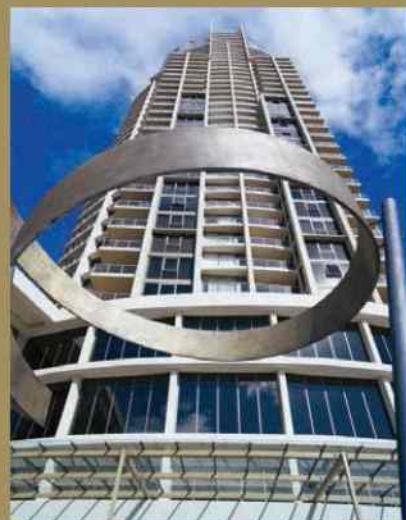


DR FLYNN'S SERVICES

The Cosmedic & Skin Clinic brand offers a wide range of surgical and non-surgical cosmetic enhancement treatments and procedures.

Services include breast surgery such as breast augmentation, reduction, lift and nipple correction. Dr Flynn also performs body contouring surgery, including liposuction, abdominoplasty (tummy tuck), brachioplasty (arm lift), labiaplasty and gynaecomastia (man boobs) and skin tightening.

Also available are non-surgical treatments such as fillers, muscle relaxants, fat transfer, tattoo removal, pigmentation treatment (brown spots), fractional laser (skin refining), vascular (veins, capillaries) treatment, Fractora (skin tightening), CoolSculpting (fat reduction), along with a range of other customisable treatments.



profile



BEFORE



AFTER facial rejuvenation by Dr Flynn

BODY

Body contouring procedures offers you the opportunity to reshape and streamline your body.

Whether it's after multiple pregnancies, major weight loss, a major accident, surgery from illness or simply to look the best you can, Dr Flynn offers a range of surgical and non-surgical treatments including liposuction, fat transfer, abdominoplasty and skin tightening.

Each patient is given a thorough assessment of their areas of concern and Dr Flynn crafts a personalised solution to suit each individual and their individual needs.



BEFORE



AFTER liposuction by Dr Flynn



BEFORE



AFTER abdominoplasty by Dr Flynn

FACE

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SEX APPEAL DO YOU HAVE IT?

**ANIMAL
MAGNETISM.
THAT CERTAIN
JE NE SAIS QUOI.
WHATEVER YOU
CALL IT, SEX
APPEAL HAS
SOME SERIOUS
SCIENTIFIC
BACKING. AIMÉE
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REPORTS.**

No matter which branch of science you subscribe to, we have it on good authority that sexual attraction comes down to a primal human quest: to reproduce and nurture healthy offspring. Levels of attractiveness, and what both men and women consider attractive in each other, appear to be a function of both evolution and psychology.

Of course, every man and woman has their unique taste, but an overwhelming number of studies show that our biological need to procreate leads most of us to pick mates who have certain physical traits over those who don't. These physical characteristics stimulate the brain's hypothalamus, leading to elevated heart rate, perspiration and feelings of sexual arousal.

It is also a chemical state, with six or seven hormones at play. 'Being on drugs is like falling in love (or vice versa)', says Prof Rob Brooks, Professor of Evolutionary Biology at the University of NSW and author of *Sex, Genes and Rock 'n' Roll: How Evolution Has Shaped The Modern World*.

Perhaps the most obvious physical trait that arouses attraction is a youthful appearance, which is linked to reproductive capacity. In humans, mate 'value' therefore declines with age, beginning in early adulthood. It follows, then, that we are naturally inclined to enhance our appearance.

But what attracts a man to a woman fundamentally differs from what women seek in a male partner. 'In virtually all of the human populations sampled, males rated physical attractiveness (usually associated with youth) significantly more important in mate choice than females did,' says Australian evolutionary anthropologist Sean McBride.

'Females, by contrast, mostly rated earning potential and ambition-cum-industriousness as more important factors when choosing a mate.' In other words, the attractiveness of the man is directly linked to his skills and prowess rather than his looks.

'An evolutionary perspective on human behaviour suggests that human beings, like members of other animal species, are likely to have adaptations for assessing the "value" of potential sexual partners, using visual and other cues, and that our standards of physical attractiveness arise from these adaptations,' McBride continues.

Regardless of culture or country of origin, men find similar female traits attractive. Their preferences are biologically and evolutionarily programmed to find signs of youth and health attractive, so as to seek females that are best suited to carry on their genes.

Studies have found that female figures with slender bodies, a low waist-to-hip ratio (WHR) and large breasts are rated as the most

attractive, healthy, feminine-looking and desirable for both casual and long-term romantic relationships.

'Large breasts consistently enhance the attractiveness rating of both slender and heavy figures, so long as they have a low WHR,' says McBride. 'Polish research has shown that women with large breasts and a small waist had larger amounts of female hormones than women with a broad waist and large hips; narrow waist and small breasts; or broad waist and small breasts.'

The significance of the WHR is directly linked to fertility, as a low WHR is believed to correspond to the optimal fat distribution for high fertility. If a woman is seen to be more fertile, she is also seen to be more attractive.

'Women with a low WHR may also be healthier, given that a high WHR resulting from a bloated abdomen can be a sign of parasite infection. A high WHR in a female can also predict menstrual irregularity, hirsutism (excess hairiness), elevated plasma triglycerides, diabetes, hypertension, cardiovascular disease, gall bladder disease and cancer of the endometrium, ovaries and breast,' McBride explains.

But large breasts and a small waist aren't the only physical assets men are drawn to. Other characteristics said to be prized by our male ancestors in their potential mates were full red lips, clear and smooth skin, clear eyes, lustrous hair and good muscle tone; all indications of a healthy, youthful woman.

'These in-built preferences seem to be aimed at ensuring males find suitably fertile females who are healthy enough to reproduce and, in turn, produce healthy children,' says McBride. 'These mechanisms are instinctual and generally subconscious. Men don't think to themselves: "I must find a woman with a WHR of 0.7 and smooth skin". We just find these characteristics appealing and they are almost universally sought after,' he adds.

SCENTS APPEAL

Scientists have also discovered that scent plays an important role in the sexual attraction of males to females. At certain points during the menstrual cycle, women produce more or less oestrogen and, accordingly, their scent becomes more or less appealing to men. Research indicates that oestrogen triggers blood flow to the hypothalamus in the male, but not the female, brain.

In fact, research into our sense of smell has determined that a simple kiss has evolved in the Western world from the universal human greeting of smelling one another's hands or faces. Although such smells are not blatant, and may not register in the conscious mind, such smells influence mood and sexual mating preferences.

Unlike pheromones, which are long-distance chemical messengers in the Animal Kingdom, these are subtle protein secretions detected at close quarters. 'They enable humans to determine whether they are genetically similar or different,' says Prof Rob Brooks. 'Opposites do attract,' he says. 'It's like an internal communications system.'



BLONDE VS BRUNETTE

It's an age-old debate that had even Charles Darwin stumped – he couldn't find any acceptable reason men might prefer blondes. Since Darwin's time, however, there have been a few advancements in the science behind hair preference.

Blonde hair is thought to be an indicator of youth and sexual vitality, but a recent study, which attempted to determine the most beautiful woman in the world, picked a brunette, and a 2011 study in the *Scandinavian Journal of Psychology* found brunettes are generally considered more attractive.

MATHEMATICS OF BEAUTY

Could being attractive be less in the eye of the beholder and more to do with a mathematical equation involving our waist and hip measurements?

It's human nature to want to know whether we're attractive and how we can make ourselves more appealing. But a new study suggests that to sum our real assets all we need to do is an easy sum.

So perhaps beauty isn't in the eye of the beholder, it comes down the far less subjective mathematical equation.

It has been found a woman's attractiveness relates to the size of her waist compared with her hips. Scientists have discovered the ratio they say makes for the perfect figure. A waist-to-hip ratio (WHR) of 0.7, or a waist measurement at 70 per cent of the hip circumference, is the magic number.

New Zealand anthropologist Barnaby Dixson set out to find what makes a woman attractive to men. A group of volunteers were presented with various pictures of a woman in which her bust, waist and hips had been digitally altered and asked to rate the image for attractiveness. Infra-red cameras tracked their eyes as they looked at the photos.

Although most were initially drawn to the woman's cleavage, her hips and waist were key to attraction.

Perennially curvy beauties like Marilyn Monroe, Sophia Loren, Jessica Alba and Victoria's Secret model Alessandra Ambrosio are all examples of the perfect ratio. Interestingly though, it isn't a ratio dependent on curves or lack thereof, it's all simply proportion of the waist to hips.

The attractiveness of the hourglass figure holds true across countries and cultures,

(So interestingly waif-like Kate Moss also matches up to the ideal WHR of 0.7.

The concept and significance of WHR as an indicator of attractiveness was first theorised by psychologist Devendra Singh in 1993, who argued that the WHR was a consistent oestrogen marker.

Some researchers have found that the waist-hip ratio is a significant measure of female attractiveness, although this has been found to be dependent on cultural values. Women with a 0.7 WHR are usually rated as more attractive by men from European cultures, while China favours a WHR of 0.6 in China to 0.8 or 0.9 in parts of South America and Africa.

However, the attractiveness of the hourglass figure holds true across countries and cultures. Research shows. Men across the world can all agree – from the UK, Cameroon, Germany and China, to New Zealand. German research released last year indicated an hourglass figure to be more attractive than even athletic types or long-legged, big-chested ‘Barbies’.

It is thought that a small waist-to-hip ratio is equated in the mind with good health and high fertility. ‘It is likely that perfect 0.7 ratio sends a biological signal to men that that woman is most fertile and most likely to produce a healthy offspring, no matter what size that woman is,’ says Dr Dixson. ‘It is all about the distribution of fat which is directly linked to fertility.’

In fact, looks like we’re all encouraged to celebrate our curvy bits according to the research data. Dr Dixson says men were wasting their time pumping iron in the gym because women have indicated they invariably prefer a leaner, less muscle-bound physique.

‘On a biological level, women are more likely to pick a leaner, even slightly more effeminate man as they equate those physical traits with being more caring and gentle and therefore a better prospect as a partner,’ he explains. ‘Humans simply do not mate randomly.’

MAKEUP & ATTRACTION

Women who wear makeup appear more trustworthy, likeable and competent – not to mention attractive – to those around them, or so a relatively recent study tells us.

‘As we have evolved, the brain has become capable of making complex social judgments on some very basic visual cues,’ says Dr Arnaud Aubert, an experimental psychologist and associate professor in the department of neurosciences at the Université François-Rabelais, France.

These visual cues typically revolve around the idea of attractiveness and trustworthiness, elements that the right style of makeup can certainly assist with. ‘First you see the face and then, after a quick visual decoding, a signal is relayed to the limbic area of the brain where an emotional level is assigned to what you have seen – either pleasant or unpleasant,’ Dr Aubert says. ‘This information is then translated to the forebrain where it’s decided whether the face is trustworthy or untrustworthy. The whole process is carried out almost instantaneously.’

By minimising flaws and enhancing our best features, makeup – when applied effectively – can make for a more “pleasant” translation process. Highlighter and illuminator, for instance, can detract from a larger nose, while the right shade of lip colour can go a long way in boosting that first impression.

‘All the social information is in the centre of the face,’ Dr Aubert explains. ‘If the brain is distracted by imperfections, it processes less and so has a weaker social assessment of the person it is looking at.’

A study conducted by Harvard University with Proctor and Gamble supports Aubert’s findings. Participants of the study were asked to rate how likeable, trustworthy and competent particular women were, based on their makeup. They were presented with images of women with no makeup, and then the same women made up in different ways – natural, professional and glamorous.

One participant group was shown the images for a couple of seconds and the other group could inspect the images for as long as they liked.

Lead author and assistant clinical professor of psychology at Harvard University, Nancy Etcoff explains the effects of makeup were the same, regardless of length of exposure. ‘When flashed quickly, every cosmetic look significantly increased how attractive, competent, likeable and trustworthy the faces appeared to the same faces without makeup,’ she says. ‘When people could look at the faces as long as they wanted to, all makeup looks increased competence and attractiveness once again.’

A photograph of a man and a woman in a romantic pose on a beach. The man, on the left, has short brown hair and is wearing white swim trunks. He is looking towards the woman. The woman, on the right, has long dark hair and is wearing a black, strappy swimsuit. She is looking back over her shoulder at the man. They are both smiling slightly. The background shows a bright, sandy beach under a clear sky.

• The brain has
become capable of
making complex
social judgments on
some very basic
visual clues ,

feature

THE CHANGING



FACE OF *Barbie*

From big hair, pouting lips and more than 150 careers under her belt, Barbie's evolution has marked the social trends from 1959 until today. Erin Docherty reports.

Over an incredible 56 years, Barbie has undergone some dramatic changes, reflecting shifting beauty standards and social norms. Women have evolved, and Barbie has changed with them.

In 1959 the Barbie doll was introduced into the American market. Created by Ruth Handler and originally released by Mattel, Barbie was modelled on a German doll marketed as a gag gift for adults.

Previously girls had been given baby dolls to play mummy with, so Barbie, the first adult toy for little girls, shocked many adults.

Handler revealed that her inspiration derived from her young daughter's fascination with teenage life and love of fashion, saying: 'My whole philosophy of Barbie was that through the doll, the little girl could be anything she wanted to be. Barbie always represented the fact that a woman has choices.'

Interestingly, her aesthetic comprised two contrasting elements: she was a role model for traditional idealised femininity (with her long legs, tiny waist, slim hips and large, youthful breasts), but she represented everything a girl could imagine being as a grown-up. She was arguably a precursor to the new independence that was to blossom for women in the 1960s.

Barbie also evolved with the times. The original Barbie started out as pale, had heavy eyelids and a curly cropped fringe. Fast forward to the millennium and she has undergone a complete makeover to become the glossy-haired icon we know today.

However it's the transformation in the decades in between that has become an interesting trail of stylistic change, where her appearance has been continuously tweaked over the years to reflect the changing beauty ideals.

feature

60s

The sixties arrived and Barbie's lips became rounder, her makeup softened and her nose was given a turned-up tip. As demand became higher and higher, and her style changing to reflect the fashions, she became known as the 'Mod Barbie'.



70s

Long-time Barbie designer, Carol Spencer, explained the revolution of Barbie in the seventies to a tanned doll with lighter hair and bluer eyes was because everyone was "going to the beach and having a suntan".

For the first time, Barbie also sported a tooth revealing grin. Her gaze was altered from the original demure, lowered eyelids to a more feminist straight-ahead look. This new, carefree Barbie saw the launch of Malibu Barbie in 1971.

Later in the decade Barbie took some inspiration from the immensely popular actress, Farrah Fawcett, from the TV series Charlie's Angels.



80s

The eighties brought on some colourful eye shadow and blue mascara to accompany Barbie's noticeably bluer eyes, with large earrings, a higher forehead, a rounder nose and thinner lips than her sixties pout.

By 1985 Barbie loved the sun, so much so that her tan was the darkest it had ever been.

90s

While 1990 saw Barbie sporting a cropped shaggy-do, her big eyes and heavy bright makeup were still a focus and by the middle of the decade she featured a more square jaw.

A selling point towards the end of the decade was her long blonde hair and accessories for kids to style it with.



2000s

In 2000 a much more subtle application of makeup was introduced, as Barbie's face slimmed down and became narrower, sparking suggestions of an attempt to reflect the late 90s models such as Kate Moss. Her eye shape changed from round to almond, while her pout was much fuller than the eighties.

We waved goodbye to peroxide blonde Barbie (for now) as she went back to basics, wearing a more flattering shade of warm tones.

Today the doll has fallen out of the tan-obsessed phase and is much paler, reverting to a natural look with a more realistic facial structure.

With a professional resume thicker than a phonebook, and a community of friends that rivals any social network, Barbie continues to reinvent herself and inspire the next generation of girls. (See more on this over the page.)

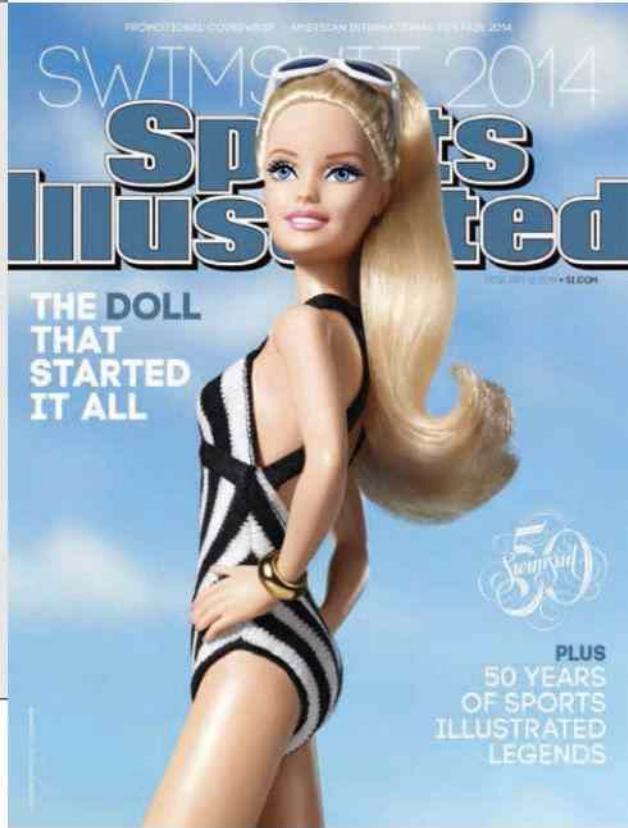


BILD LILLI, BARBIE'S PREDECESSOR?

In 1952 Bild Lilli was a German comic-strip character, created for the newspaper Bild-Zeitung. She has been described as a prostitute but more accurately she was a sassy, raunchy but "kept" woman who dated rich men. A doll was made based on the Bild Lilli comic strip as a gag gift for adults.

NOW

Mattel has recently announced the new-look Barbie, introducing three new body types into its Fashionistas range: tall, petite and curvy. Acknowledging that women come in all different shapes and sizes, this ends a 56-year-old tradition of Barbie looking unrealistically perfect.

The 2016 update includes a total of 33 new dolls, comprised of these new diverse-body shapes, seven new skin tones, 14 face sculpts, 22 eye colours, 30 hair colours and 24 hairstyles.

'Barbie reflects the world girls see around them,' Mattel president and CEO Richard Dickson said in a statement.

'Her ability to evolve and grow with the times, while staying true to her spirit, is central to why Barbie is the number-one fashion doll in the world.'



BODY TALK

Although Barbie's face is a mark of evolution, it is a different story when it comes to her slim, disproportionate figure, which has stayed the same since she landed on the shelves in 1959. The body shape and size of Barbie has attracted much controversy and scrutiny throughout the years, suggesting that Barbie's body measurements set unrealistic goals for girls.

The controversial 'Slumber Party Barbie' was produced in the mid-1960s and featured a set of scales set at 110lbs (50kg) and a diet book entitled 'How to Lose Weight', containing just one instruction, 'Don't eat!' In 1966 'Slumber Party Barbie' was released without the scales, but still featured the diet book.

In reality, Barbie's 16-inch waist would be four inches narrower than her head. Her body measurements suggest that in real life Barbie would be incapable of holding up her own body, requiring her to walk on all fours.

In 2013 Barbie sales dropped dramatically, suggesting a shifted outlook among young girls' perception of image and beauty. Mattel CEO Bryan Stockton told analysts in the quarterly earnings conference call: 'The reality is we just didn't sell enough Barbie dolls. What's clear to us is the landscape is changing.'

And from the new-release Barbies with their diverse, more realistic body shapes, it seems Mattel has listened. Now coming in all different shapes, sizes and skin colours, the revamped Barbie looks set to be in little girls' arms for generations to come. **csbm**

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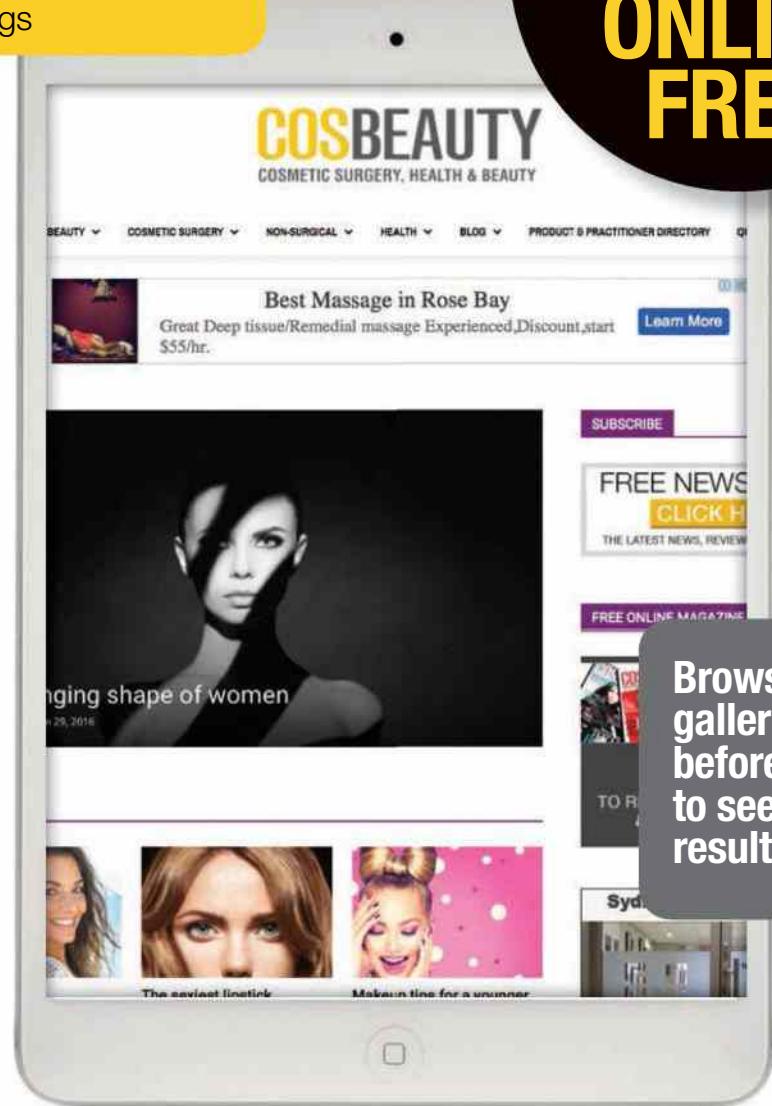
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Laser treatments can offer a non-invasive alternative to surgery and have, over the past few years, revolutionised the cosmetic enhancement industry.

Using the latest laser technologies, Sydney cosmetic physician and director of MD Cosmedical Solutions, Dr Buddy Paul Beaini, is able to deliver professional laser treatments for problems ranging from snoring and sleep apnoea to stress urinary incontinence, skin tightening and vein treatments. The non-surgical laser-treatments offer convenient walk-in, walk-out alternatives to surgery, with minimal discomfort and downtime.



THE 15-MINUTE SNORE SOLUTION

Offering sufferers renewed hope in the battle against sleep deprivation, Sleep Eze is a new painless, fast and long-lasting laser treatment that targets the cause of snoring and mild obstructive sleep apnoea.

Dr Beaini offers Sleep Eze at MD Cosmedical Solutions and is impressed with the results achieved. 'Sleep Eze uses laser technology to target the roof of the mouth and back of the throat, heating the soft tissue and stimulating collagen production. This, in turn, tightens soft tissue so it's not so loose and prone to vibration,' he says.

Three short treatments are typically needed over six weeks, with more than 90 percent of snorers and 70 percent of sleep apnoea sufferers experiencing improvement.

'There's no pain involved – it feels like drinking a warm cup of tea,' says Dr Beaini. 'Plus there's no downtime; you can go straight back to work afterwards.'

After the third treatment, the soft tissue gradually tightens and the outcome is long lasting. 'Within three months after the first treatment, you should notice a defined change and improvement to your snoring and sleep apnoea,' he says.

As tissue does soften with age, he recommends his patients return every 12 to 18 months for single maintenance treatments.

Some of the devices on the market aimed at reducing snoring can be inconvenient, uncomfortable and are temporary solutions. 'Sleep Eze is the only real permanent treatment and offers an invaluable long-term investment in sleep quality,' says Dr Beaini. 'If you don't treat it, snoring can get worse and develop into sleep apnoea. For people with sleep apnoea, any reduction in severity can make a significant difference.'

VAGINAL REJUVENATION

Dr Beaini offers a no-surgery, no-fuss laser treatment for vaginal and bladder rejuvenation. The Aphrodite treatment use laser energy to help improve gynaecological health, boost sexual satisfaction and relieve stress incontinence.

Women experiencing vaginal dysfunction – in the way of dryness or discomfort during intercourse, leaking of the bladder when sneezing, coughing or laughing, or persistent irritation and inflammation – often put the symptoms down to the inevitable effects of ageing. Now, with advancements in laser technology, the Aphrodite treatments can deliver a non-surgical method for rejuvenating the surrounding muscles and improving vaginal and bladder function.

As a woman's body experiences childbirth or as a result of natural ageing, the tissue surrounding the vagina can become weakened, resulting in a condition known as vaginal atrophy. Symptoms include vaginal dryness, burning sensation, vaginal discharge, genital itching, burning with urination, and decreased vaginal lubrication during sexual activity. Aphrodite laser vaginal rejuvenation results in a tighter, more elastic and rejuvenated vagina, as well as enhancing the aesthetic appearance of the vaginal area.

Aphrodite laser vaginal rejuvenation also strengthens the tissues supporting the bottom wall of the urethra, helping to improve stress urinary incontinence.

Stress urinary incontinence is the involuntary loss of urine caused by the weakened tissues supporting the urethra as a result of childbirth or the normal ageing process. It is a common and embarrassing problem for many women.

The non-surgical laser treatment is a hallmark procedure in the newly established field of cosmetogynaecology, offering a convenient walk-in, walk-out treatment that rejuvenates the vaginal tissues with minimal discomfort and downtime.



TREATMENTS FOR THE AGEING FACE

An ageing face can be rejuvenated by combining non-invasive treatments to help tighten sagging skin and resurface aged, sun-damaged and wrinkled skin.

Dr Beaini's go-to non-invasive treatments are Fraxel and Thermage, which can take years off a person's appearance – with less risks, side effects and downtime compared with some other treatment modalities.

'Both treatments typically involve minimal discomfort and little downtime so most patients can continue their daily routines without interruption,' says Dr Beaini.

HOW DOES FRAXEL WORK?

Fraxel laser treatment uses microscopic laser columns that penetrate deep into the dermis to create tiny wounds, triggering the body's natural response system to heal those wounds. This process speeds up the body's remodelling of collagen and elastin, resulting in tighter, fresher, more youthful-looking skin.

'Think of your skin as a digital photo that is delicately touched up one spot at a time. Similarly, Fraxel treatment affects a fraction of tissue at a time with thousands of microscopic laser columns – each just one-tenth the diameter of a hair follicle,' says Dr Beaini.

Fraxel laser treatments vary in strength, downtime, the amount of procedures needed and the final results. Less aggressive treatments, such as Fraxel re:store or Fraxel re:fine, can achieve impressive results for mild to moderately damaged skin over the course of three to six treatments.

HOW DOES THERMAGE WORK?

Thermage is a non-invasive procedure that tightens and renews the skin's collagen in all three layers. The treatment

heats the skin's collagen, causing immediate tightening, as well as improved tone and texture. Improvements continue for four to six months following treatment, as the collagen continues to build.

Thermage improves the skin's texture and reduces sagging skin, as well as contouring the jaw line and underneath the chin. It also softens wrinkles around the mouth, eyes and forehead.

'Due to this collagenesis the skin looks more plump and refreshed. One Thermage treatment can make a patient look years younger and can last three to four years in most individuals,' Dr Beaini says.

COMBINING THERMAGE AND FRAXEL

Dr Beaini recommends using Thermage and Fraxel in a synergistic way to treat skin conditions. 'When combined, further skin tightening and face lifting can be achieved to maximise results,' he says.

When working in conjunction, Fraxel targets collagen remodelling in the upper part of the dermis to improve skin quality and reduce wrinkles and lines, while Thermage addresses deeper sagging in the skin from gravity and the natural ageing process.

'Together, the two treatments offer suitable patients effective and predictable results for a variety of skin types and conditions,' says Dr Beaini. 'I believe the combined results of both treatments are superior to the outcomes that may have been achieved by using one technology alone.'

LASER VEIN TREATMENT

Using state-of-the-art laser technology, Dr Beaini specialises in laser vein removal treatments for unsightly face and leg veins. This includes medical vascular treatments for the removal of face veins and leg veins (spider veins, capillaries, vascular birthmarks and varicose veins). This technology is clinically proven and has visible long-lasting results in the vast majority of patients.

The procedure requires no downtime and is described as a gentle 'lunchtime treatment', with no surgery, anaesthetic or painful sclerotherapy injections.

The Nd:YAG laser is a specialised vascular laser used to treat deeper tissues and longer vascular structures. The laser works by emitting focused high-energy light to the vessel. This will damage the vein, causing scar tissue to form. This scar tissue closes the vein; a closed vein loses its source of blood and dies. After a year or two, the vein is likely to disappear. **csbm**

COSMETIC SURGERY & BEAUTY

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HERE COMES THE BRIDE

YOUR ULTIMATE
BRIDAL BEAUTY
COUNTDOWN

Makeup is simply no longer enough – modern brides are opting to improve their looks with cosmetic enhancement for their big day. Here's a timeline of what to do and when to do it before walking down the aisle.

Aimée Surtenich reports.



When we think of brides, the adjectives that spring to mind are blushing, beautiful and radiant. But, more often than not, these days blushing brides-to-be are opting for some extra help to flaunt that fabled glow. A growing number of wedding belles are choosing non-surgical cosmetic enhancement to boost their appearance and look picture-perfect before saying "I do", with treatments that offer minimal downtime and performed in a lunch break.

9 MONTHS OUT

Looking and feeling like a goddess on your wedding day is a bride's right of passage. Yet skincare is often the last thing on the wedding plan in the lead up to your big day.

It's time to up the ante in terms of your skincare. Remember, your makeup will only look flawless if your skin is in good shape. You may want to discuss your skin's needs with an expert and switch up the gears to cosmeceutical skincare with active ingredients to change the skin from the inside out.

While we're on the subject, now is the time to start regular light therapy treatments (if you haven't already) to really kickstart the cellular turnover of your skin and reach ultimate skin fitness.

The benefits of LED light therapy cannot be over-emphasised. The no-downtime, no-discomfort relaxing light-based treatment has a slew of medical journals attesting to its amazing skin rejuvenation results. Light-emitting diodes (LEDs) have been found to trigger natural chemical processes inside cells, boosting the body's own production of collagen, which make them particularly useful for skin rejuvenation and complexion perfection.



6 MONTHS OUT

More than 70 percent of brides-to-be want to lose weight before their wedding day, according to a study from Cornell University. We all know the best way to lose fat is through sheer hard work of willpower and exercise. But there's also a cheat's way to lose fat from your tummy and hips.

Non-surgical body contouring has become big business in the world of cosmetic enhancement. It offers a measurable reduction in body fat with no surgery, no downtime and minimal (if any) discomfort.

The two main contenders in non-surgical fat busting use either heat or cold to eliminate those hard-to-get-rid-of pockets of fat. One is cryolipolysis which uses almost freezing temperatures to kill fat cells.

The other, launched in late 2015, is SculpSure, the first FDA-cleared laser treatment for non-invasive fat reduction of the love handles and abdomen. What makes this treatment even more exciting is that it can eliminate 24 percent of fat in the treated area in just one 25-minute session.

Results for both types of non-surgical fat reduction are seen gradually after six to 12 weeks, as the body naturally metabolises the destroyed fat. While measurable results can be seen after just one treatment, a series of two to four treatments will yield maximum fat-busting results.

5 MONTHS OUT

If your skin needs a good dose of intensive care, fractionated laser skin resurfacing can improve a wide range of skin concerns, such as lines and wrinkles, pigmentation, acne scarring and moderate to severe sun damage.

Rather than removing the top layer of skin (with significant downtime) like traditional ablative laser resurfacing of the past, fractionated laser treats a fraction of skin at a time, creating thousands of tiny microscopic sites of thermal impact, known as microthermal zones. These microscopic laser columns penetrate deep into the dermis to create tiny wounds, triggering the body's natural response system to heal those wounds. This process expedites the body's remodelling of collagen and elastin, resulting in tighter, fresher, more youthful-looking skin. It operates on the concept of damaging small amounts of tissue to stimulate collagen and elastin, activating new cells.

Pigmentation tops the list as the largest skincare concern among Australian women. A dermatologist or cosmetic doctor can correctly diagnose and recommend clinical treatments such as laser, Photo Dynamic Therapy (PDT), Intense Pulsed Light (IPL), Light-Emitting Diode (LED) therapy, acid or enzyme peels, along with appropriate skincare.

MORE THAN 70 PERCENT OF BRIDES WANT TO LOSE WEIGHT BEFORE THEIR WEDDING DAY



4 MONTHS OUT

If the skin on your face and neck is starting to head south and you notice your décolletage is looking sun-damaged and crepey, Ultherapy offers the ultimate in lifting skin without surgery. Using high-intensity focused ultrasound, this non-invasive treatment is well known to be highly effective in lifting skin on the face and neck areas, as well as the hard-to-treat décolletage.

Results are gradual as new collagen production begins to lift and tighten the skin, with the final outcome usually evident around two to three months after treatment and lasting up to 12 months and beyond.

Another standout treatment is platelet-rich plasma (PRP), or autologous conditioned serum (ACS). This medical breakthrough harvests your own cells (the bits rich with growth factors) and reinjects back into your face to repair and regenerate new skin tissue and increase collagen production, delivering a “natural”, gradual rejuvenation that plumps out wrinkles and fine lines and creates a luminous glow and more even skin texture.

2 MONTHS OUT

Cosmetic injectables – muscle relaxants to relax frown lines and crow’s feet, and fillers to pump out lips and lines and add facial definition and contour – require only a little recovery time but it’s best to give yourself enough time to wait for the final “settled” results after an aesthetic treatment.

Remember, less is more when it comes to injectables. You still want to look like “you”, and you don’t want to look frozen in candid happy snaps. Always ensure you visit a credentialled and experienced practitioner and heed their advice.

If dark circles or bags under your eyes are contributing to a less-than-bright-eyed look, you may be interested in a brand-new filler specifically made for the under-eye area. A world first, Teosyal Redensity II is a dedicated dermal filler solution for reducing under-eye circles and hollows.

3 WEEKS OUT

Consider professional teeth whitening. While it's a simple enough procedure, it can do wonders for the beauty stakes on your big day! Nothing quite says health and happiness than a white and dazzling smile.

Also, if you plan to temporarily address a perspiration problem, muscle relaxant injections can go straight to source of sweating and dismantle it. Directed into your underarm glands, they can take the stress out of being photographed with the dreaded sweat patches.

THE BIG DAY

Take a few moments to just breathe. Inhaling and exhaling at a controlled pace allows more oxygen to your brain and your muscles, making your mind and body more relaxed.

After all your beauty prep work, you're sure to be looking and feeling your best. So all that's left to do now is to walk towards your dreamboat waiting for you at the end of the aisle! **csbm**

2 WEEKS WEEK OUT

Go to your salon for the works – tweezing, waxing, mani-pedis. Get your lashes lush with a tint, and if you're looking to do some serious lash-batting get your eyelash extensions done as well!

Exfoliate and moisturise early this week in preparation for your fake tan; you'll want to apply tan or get a professional spray tan two days before your wedding to give it time to settle.

PICTURE PERFECT

Unflattering wedding snaps can return to haunt you so get them right the first time round. Use our tips for being photogenic and look fabulous in your photos.



1. There's a general formula for looking great in snaps. Focus your eyes just slightly above the camera lens, move your face forward and stick your neck out slightly (without thrusting your chin forward) and then tip down your chin. This will hide a double chin fairly effectively and improves facial definition.
2. One trick models often use is to present a 3/4 pose to the camera. They turn their head so that 3/4 of the face is exposed to the camera, as opposed to full frontal.
3. Smile like you mean it. To get a genuine smile radiating, put your tongue behind your teeth and smile. This will relax your face. If you don't like your smile or your teeth, try a more subdued closed or partially-closed smile.
4. The eyes have it. Make like Tyra and 'smize' with your eyes because nothing projects happiness and beauty more than a happy, somewhat mischievous expression in the eyes – perhaps just picture your impending honeymoon to bring the look out!
5. Master the natural look. Your arms should be by your side, but not glued there. Keep them a little away from your body and relax. Take a deep breath and exhale naturally, relaxing your arms and shoulders. Don't hold your breath, either in or out, otherwise you'll appear as though you're tense or suffocating.
6. Photos exaggerate everything, so go easy on the caked up makeup and keep the shine to a minimum. Powder on the ever-troublesome t-zone, especially on a warm day, will help minimise the shiny-faced look in the camera lens.
7. Good posture please! For standing photos, belly in, buttocks tight, shoulders back, spine straight. Maintain your posture. Good posture can dramatically improve your appearance in pictures. Sitting or standing up straight will make you more attractive than your slouchy companions, but remember not to look too stiff – breathe normally and relax your shoulders.
8. Experiment with your own snaps, study your previous pics to see when you look your best and look at photogenic people to gauge what works. It will quickly become obvious which angles are most flattering for you. Finding the right angle for your face can take the worry out of photo time.



skin

THE 'FIVE-T' BRIDAL BEAUTY GUIDE

HOW TO REJUVENATE
AND PREPARE YOUR
SKIN FOR THE BIG DAY

COSMETIC CHEMIST AND FOUNDER OF SYNERGIE, TERRI VINSON, BSC. DIPFORMCHEM. DIPED. ASCC, SHARES HER EXTENSIVE KNOWLEDGE ON HOW TO ACHIEVE BEAUTIFUL, CLEAR SKIN.

All brides want to look their best on their big day and we all know that looking great has an enormous bearing on how we feel inside. That intangible glow comes from knowing that you are really happy with who you see in the mirror.

Most brides take on 'makeover boot camp' the months leading up to their big day, putting their trust in their skincare practitioner to ensure they look their very best. This is a planned partnership between you and your skincare professional that will probably span over several months.

Let's look at pre-wedding rejuvenation plan under the 'Five-T' beauty guide:

1. Timing
2. Tone
3. Texture
4. Tightness
5. Topical ingredients

Tone, texture and tightness of the skin can be considered individually but unless all three areas are addressed in combination, the best possible outcome will not be achieved. Topical cosmeceuticals must be incorporated into the bridal plan for achieving and maintaining optimal results, as the correct cosmeceutical routine is vital for the long term health of your skin.

1. TIMING

The countdown to your wedding day requires military timing. It's important to know the exact date and work your treatment plan backwards from there. Your skincare practitioner should ensure you are accustomed to a new cosmeceutical regimen for at least six to eight weeks before the wedding day as you may exhibit a skin response to new active ingredients.

If you are seeking non-surgical injectable treatments, it is important to time optimal activity of the treatment for the day and also ensure there is no potential bruising by treating at least three weeks before the wedding day.

2. TONE

This aspect involves achieving uniformity in skin colour and tone. Many brides need to address uneven skin tone resulting from sun damage and other forms of hyperpigmentation with:

- Chemical peels (lactic and Jessner are usually the peels of choice)
- Intense pulsed light (IPL)
- Iontophoresis or Sonophoresis utilising infusion of active ingredients
- Photodynamic therapy (PDT)
- Laser treatments.

Treating uneven skin tone with topical ingredients is the ideal starting point as this will help protect your skin from post inflammatory hyperpigmentation (PIH) that may arise as a result of some clinical treatments. A growing number of cosmetic physicians are now looking at alternatives to hydroquinone therapy and there are a number of ingredients that reduce the appearance of uneven skin tone including:

- L-ascorbic acid
- Stabilised retinol
- Niacinamide
- Bearberry extract
- Oligopeptide-34 (innovative new peptide that works on multiple melanin pathways and maintains the integrity of the cells)
- Glycyrrhiza glabra / Licorice extract
- Kojic acid
- Lactic acid and other AHAs that exfoliate to remove superficial hyper pigmented cells.

3. TEXTURE

When the skin texture is even, light reflects evenly off its surface in a uniform manner and the skin appears luminous. Textural changes usually involve a loss of natural collagen, elastin, hyaluronic acid and ceramides. Evening out skin texture involves addressing enlarged pores; fine lines and wrinkles; surface dryness and a crepe-like skin texture.

Current treatments tend to steer away from the more aggressive ablative procedures involving laser, dermabrasion and deep peels. The most popular treatments to reduce fine lines and enlarged pores include thermal fractional treatments and Collagen Induction Therapy (also called skin needling).

Collagen Induction Therapy (CIT) is a physical fractional skin needling treatment. Where CIT is concerned, it is ideal to commence treatments at least six months prior to the wedding day. In fact, skin needling programmes (six to eight



monthly treatments minimum) usually achieve the best textural improvement one year after the initial treatment.

Topical ingredients designed to improve skin texture include, but are not limited to:

- Niacinamide
- L-ascorbic acid
- Retinol
- Barosma betulina extract (botanical which reduces the appearance of enlarged pores)
- Specific strains of hydrolysed algin and other marine ingredients
- Specific peptides to address fine lines (acetyl hexapeptide-51 and acetyl octapeptide-3)
- Antioxidants such as green tea and lycopene to neutralise free radical damage which contributes to ageing skin.

4. TIGHTNESS

Some brides may also have concerns with skin laxity and loss of firmness and volume. Improving the firmness and volume of skin requires more detailed planning but can be achieved non-surgically using:

- Injectable dermal fillers
- Radiofrequency (RF) or infrared (IR) skin tightening devices

These devices bulk heat the dermis to stimulate large scale collagen remodelling over a period of time. Many brides will also opt to have an RF treatment performed a day or two before the wedding to take advantage of the short term plumping effect of deep dermal heating.

In terms of the body, cellulite affects over 90 percent of women and many brides want to improve the appearance of dimpled skin prior to their wedding day. There are various

modalities that can reduce the appearance of cellulite and these include:

- Ultrasound and cavitation treatments
- Radiofrequency (RF)
- Endermologie.

There is also a novel new cosmeceutical marine extract from red algae called Jania Rubens which is capable of increasing fat destruction, increasing dermal density and reducing the formation of new cellulite.

Topical caffeine is also an excellent ingredient for reducing the appearance of cellulite by shrinking existing fat cells and reducing the activity of an enzyme which causes fat production and storage. These two ingredients when used in synergy can help to reduce the appearance of cellulite if used daily.

5. TOPICALS

Skincare in general is fundamental to both creating and maintaining youthful skin and, unlike clinical treatments, skincare products are used daily and therefore have a significant bearing on overall skin health. The range must have scientifically proven active ingredients with effective delivery and high stability. Always do your due diligence before selecting the right cosmeceutical range.

You should include the following essentials in your daily regimen:

- Vitamin A (in the form of stabilised retinol)
- Niacinamide
- An antioxidant (stabilised L-ascorbic acid)
- Sun protection.

Sunscreen acts as your insurance policy to prevent premature ageing. Effective sun protection will prevent UV damage, the single most damaging environmental element to human skin. Ensure you choose an effective broad spectrum sunscreen either in the form of a base lotion (preferable containing natural zinc oxide) or a high quality mineral makeup containing high levels of zinc oxide and non-nanophase titanium dioxide.

After these essentials, you skincare practitioner can then add products with targeted ingredients for your individual skin concerns. This involves prescribing products specific to your needs, such as hyperpigmentation, fine lines, acne and blemishes or dryness.

Following the 'Five T' guide will ensure you look and feel your very best. It's important for you to be comfortable with the options and have realistic expectations on results and the time required to achieve them. **csbm**

INTRODUCING A GAME-CHANGER IN DIY HAIRSTYLING



MENTION
THIS AD
FOR SPECIAL
OFFER!

4-IN-1 HAIR DRYER, STRAIGHTENER AND STYLER

Get a salon-quality blowdry at home with the world's first 4-in-1 hair dryer, straightener and styler by award-winning stylist and hair extension specialist Joseph Mourad.

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**JOSEPH
MOURAD**
Hair & Beauty

AS SEEN ON CHANNEL 10'S 'SHARK TANK'

skin

LET YOUR SKIN BREATHE WITH **LYCOGEL**

**LYCOGEL IS A BREATHABLE
RANGE OF FOUNDATIONS
FOR ALL SKIN TYPES –
INCLUDING SENSITIVE AND
POST-SURGERY SKIN.**

Combining the best in cosmetic and skincare technology, Lycogel is the first breathable colour corrective foundation treatment to immediately camouflage redness and imperfections and promote healing of damaged or post-procedure skin.

A breathable base with powerful ingredients and vitamins, Lycogel is formulated with active ingredients that deliver oxygen, moisture and nutrients to the skin. All products feature the revolutionary LYCO-Complex, a carefully balanced set of 12 active ingredients that work together to deliver oxygen, moisture, and nutrients to the skin including hyaluronic acid, antioxidants and peptides.



THE LYCOGEL RANGE



Breathable Camouflage – a buildable coverage featuring an elegant matte finish. Suitable for everyday use and for people with sensitive skin trying to camouflage eczema, blemishes, rosacea and other skin conditions. Also suited for immediate use following cosmetic procedures. Contains SPF 30. Available in 12 shades. RRP: \$98

Breathable Tint – a luminous light coverage that gives skin a vibrant glow. Contains SPF 30 and is available in 4 shades. RRP: \$125

Breathable Concealer – provides maximum coverage to effectively reduce the appearance of imperfections, age spots and blemishes. It is ideal for use around the eyes to cover dark circles, or on specific areas that require extra coverage such as birthmarks or scars. Contains SPF 30. Available in 3 shades. RRP: \$85.60

Breathable Balm – a clear balm that energizes and protects the skin and is packed with the benefits of the LYCO-Complex. Contains SPF 15. RRP: \$164.90

Each Lycogel product is designed to target a variety of skin types, delivering a range of nutrients for ageing, blemish-prone, pigmented and sensitive skin. The products increase tolerance of over-reactive skin, promote skin repair and provide anti-ageing properties whilst being gentle and non-irritating for sensitive skin types.

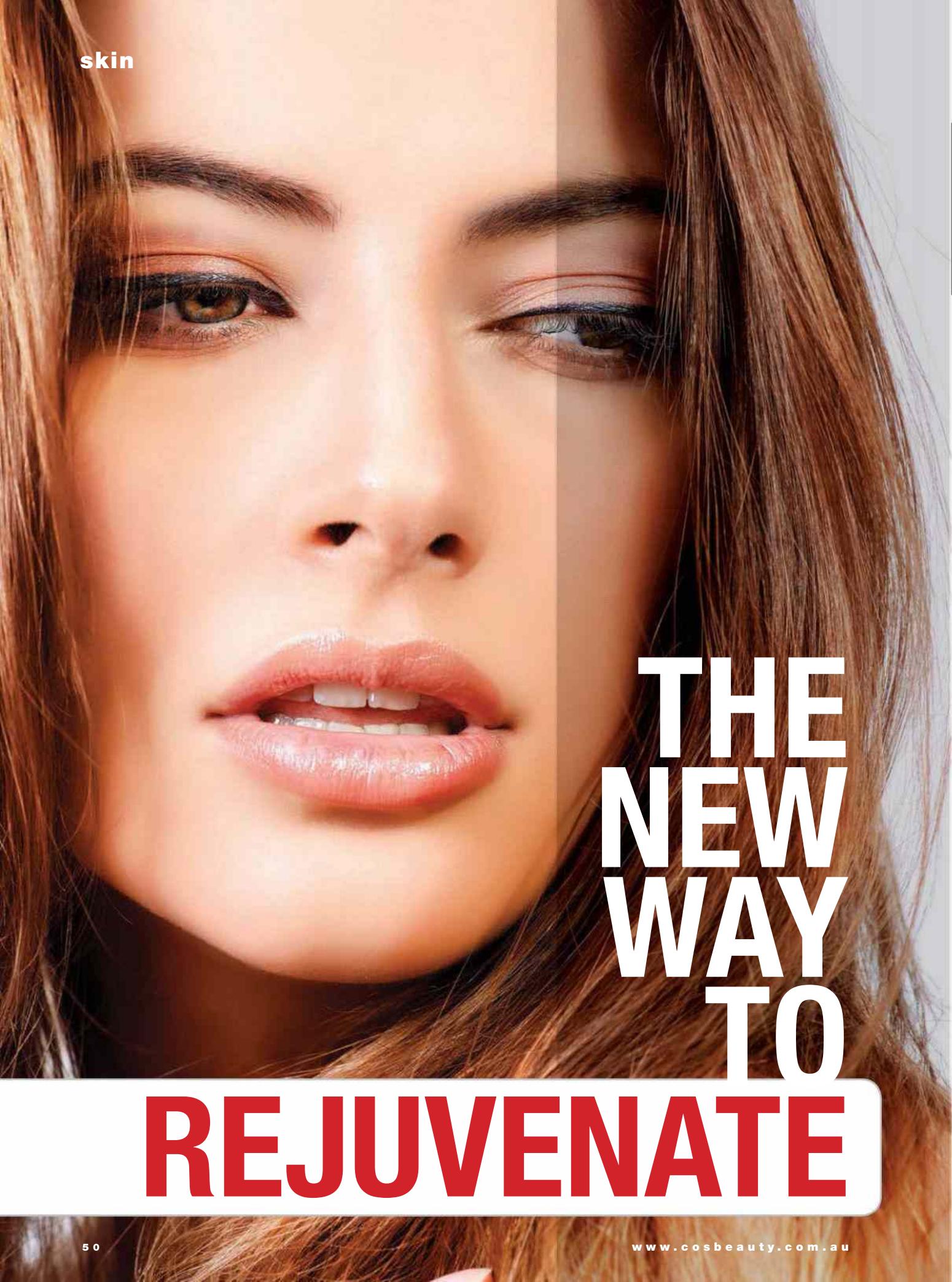
Lycogel is also suitable for immediate post procedure application. Loaded with antioxidants, it aids in the healing of damaged skin, helping bruising, inflammation, redness and tightness after cosmetic procedures, as well as helping to prevent excessive scar formation.

Hypoallergenic and non-comedogenic, Lycogel delivers moisture and prevents the skin from becoming dehydrated by reducing trans-epidermal water loss. This helps to reinforce the skin's natural defence system, while protecting the skin barrier.

The promotion of skin repair results in younger looking skin, whilst the delivery of oxygen soothes the skin, helping to minimise lines. Lycogel products not only let the skin breathe and do not clog pores but also contain non-chemical SPF, which offers both UVA and UVB protection.

Lycogel's designer gel base is specially formulated to deliver each and every one of the LYCO-Complex's 12 active ingredients to the skin for maximum benefits. It's also water-resistant, providing long-lasting wear. **csbm**

Visit www.advancedcosmeceuticals.com.au for stockists.

A close-up, high-contrast photograph of a woman's face. The image is split vertically down the center, creating two distinct halves. The left side shows her skin with visible fine lines and texture, while the right side shows a smoother, more youthful appearance. This visual metaphor represents the product's rejuvenating effects.

skin

THE
NEW
WAY
TO
REJUVENATE

REGEN PRP IS FAST BECOMING THE GO-TO TREATMENT FOR SKIN LAXITY, USING YOUR OWN BLOOD PLASMA. TARA CASEY REPORTS.

As we see when we suffer a cut or fall, the body has a great capacity to heal itself. When we're injured, platelets in the blood are activated and aggregate together, releasing granules as they do so. These granules in turn release growth factors, and it's these growth factors that stimulate the inflammatory cascade and healing process.

Whilst medical specialists have been able to harness this capacity in the form of platelet-rich plasma (PRP) injections for some time – using them to promote healing in the treatment of musculoskeletal injuries, osteoarthritis and sporting injuries, for example – it's only relatively recently that professionals have started to explore the many benefits of PRP in aesthetic medicine.

Over the past 10 years, the efficacy of platelet-rich plasma in cosmetic medicine has been widely documented in scientific literature. As a result, today more and more people are turning to it for facial rejuvenation, attracted by the possibility of drawing on their body's own, natural resources.

A NATURAL APPROACH TO ANTI-AGEING

The natural healing power of the body is captured with Regen PRP, a treatment that seeks to restore lost volume and rejuvenate the skin in all layers using the patient's own platelet cells. As we age, a depletion in collagen, elastin and blood supply occurs and is represented in the formation of deep lines, wrinkles and dehydrated skin. Regen PRP therapy uses the patient's own cells to refresh the complexion, providing overall rejuvenation by repairing the quality of the skin and restoring plumpness to fine lines, scarring and crêpey skin.

Regen PRP treatments work on all three layers of the skin – the epidermal, dermal and subdermal layers – so the face not only appears fresh and more youthful looking but is also improved in its skin quality and texture. This is especially apparent in those who have had PRP injections underneath the eyes and around the neck area, two areas which are hard to correct non-surgically and respond well to PRP therapy.

Platelet Rich Plasma is used to describe blood plasma with a high concentration of platelets. Platelets are components of blood that are integral in blood clotting and tissue repair. These concentrated platelets contain special proteins that are not only pivotal in the repair and regeneration of tissues but also in initiating new blood vessel formation and connective tissue repair. This stimulates new collagen and hyaluronic acid production, improving skin health and creating a more vibrant appearance.



WHAT CAN REGEN PRP TREAT?

Regen PRP therapy is suitable for use anywhere on the face and is particularly suited to treating areas usually difficult to treat such as under the eye area and on the neck and decolletage.

As well as being used as a primary procedure to tighten the skin and address fine lines, Regen PRP can be used to complement other facial rejuvenation procedures such as laser resurfacing, dermal fillers or anti-wrinkle injections. PRP injections are also known to stimulate fibroblasts, which can be useful when preparing the skin for surgery, as well as after surgery to facilitate healing and reduce scars.

Treatment typically lasts about 40 minutes and involves taking two small tubes (about 8 to 16ml) of blood from the patient. The blood is first centrifuged to concentrate and separate the plasma and cells. The concentrated plasma is then injected into the target area in small amounts using a very thin needle, so the process involves minimal discomfort. Numbing cream can also be used to make the procedure as comfortable as possible.

There may be some swelling and bruising at the injection points after the procedure but this generally subsides overnight.

It takes about two to three months for overall results to become clearly visible but improvement in skin texture, tone and hydration is usually visible within a few weeks. Additional treatments, spaced several weeks apart, may be recommended for the best result. After the recommended two to three sessions, a yearly treatment is recommended.

Regen PRP therapy is achieving great things in aesthetic medicine, most notably a younger looking and luminous complexion. It provides gradual, natural-looking results for patients who want the complete package. **csbm**

ERASE THE YEARS WITH YOUR OWN BLOOD SERUM

**USE YOUR BODY'S
OWN REVITALISING
POWERS TO ACHIEVE
YOUNGER, PLUMPER
SKIN WITH FACTOR4.**

A new era of skin rejuvenation is taking the world by storm. You can get smoother, plumper, more revitalised skin from the outside in – without artificial products, drugs or a scalpel in sight. It's a favourite among celebrities such as Kim Kardashian, Bar Rafaeli and Angelina Jolie, and is fast gaining traction as the go-to skin rejuvenation treatment. It is, of course, ACS (autologous conditioned serum).

Autologous conditioned serum is a biological skin rejuvenation treatment that uses the patient's own cells to repair and regenerate new skin tissue and increase collagen production.

The treatment uses the patient's own blood to spur the skin's stem cells into action and contains high concentrations of growth factors, which are bioactive stimulators known to accelerate the natural healing process. Injected into areas such as the face, décolletage and hands, ACS triggers the skin's stem cells, enhancing the formation of new collagen at the site. The result is a natural rejuvenation that continues to improve over time.

WHAT IS FACTOR4?

A new-generation ACS system, FACTOR4 is a collagen-inducing blood serum treatment that is designed to deliver four times as many growth factors than any blood-rich injection product. It is used to treat wrinkles and crepiness in areas of the face, neck, décolletage, back of hands and under-eye circles, as well as the appearance of stretch marks and scarring.

• FACTOR4 gives people an unfair advantage compared to their similarly aged friends •

FACTOR4's difference is in its high concentration of autologous growth factors. This concentration is achieved using technologically advanced tubing to encapsulate and incubate venous patient blood.

'FACTOR4 is appealing to clients and practitioners alike as it is a 'natural' product which gives a natural-looking result,' says Sydney facial plastic surgeon Dr William Mooney. 'It's a 'turn back the clock' treatment which allows our clients to look refreshed, hydrated and fantastic for their age. FACTOR4 treatments give them an unfair advantage compared to their similarly aged friends. 'We have experienced great results for skin tightening with FACTOR4; it's easy to use, comfortable for the patient and affordable.'

WHAT'S INVOLVED?

After the blood is taken from the patient (just like a regular blood test) it is placed in an incubator. During this period – which can be between six and nine hours – the blood is exposed to pyrogenic-free surfaces, which elicit a vigorous and rapid increase in the synthesis of growth factors. Following this, centrifugation, extraction and filtration take place and give rise to a serum rich in growth factors, suitable for re-injection at the treatment site. 'In my experience, the treatment is quick and easy to administer, and there's no need for any local anaesthetic,' says Dr Mooney.

WHAT AREAS CAN BE TREATED?

'Most commonly we treat the full face (most popular area is the eyelids and tear troughs as they are so hard to tighten via other methods) and the entire neck surface area,' Dr Mooney explains. 'We also frequently use FACTOR4 for sagging skin around the elbows, knees, mummy tummies and even the backs of the hands.' **csbm**

WHAT BENEFITS WILL YOU SEE?

Patients have been experiencing unprecedented results, seeing improvements in skin tone, texture and luminosity.

FACTOR4 treatments tighten skin as the collected serum contains several different growth factors that stimulate healing of tissue. These growth factors stimulate collagen and in turn tighten skin and improve skin quality over the ensuing months.

'My patients are loving the FACTOR4 treatment system, particularly if they attend all four recommended treatment sessions. They love that the treatment does not involve the injection of any chemical-based product and also the natural-looking results,' says Dr Mooney.

'Where once we were only able to offer anti-ageing injectable treatments with pharmaceutical bases, we now have an all-natural product that uses only the patient's own blood. This enables us to treat individuals who prefer to take a more natural, holistic approach to their beauty and wellbeing,' he concludes.



skin

SUMMER

SKIN SAVIOURS

PARTIED HARD OVER SUMMER? IT'S TIME TO RECLAIM HEALTHY, SMOOTH SKIN. SYLVIA DOWN FROM SKIN RENU TELLS US HOW.

The aftermath of a long hot summer, late nights and hard partying can leave skin looking dull, lifeless and crazed with fine lines that scream "dehydration". There's only so much your body can handle, no matter how good your genes may be.

It's time for some serious skin revival. Plan ahead to not only repair and rejuvenate but also develop good habits to maintain that fresh healthy look. Look to science-based skincare and the best in technologies to reverse existing sun damage, and





focus on those that resurface and build your skin's collagen to help safeguard against the damaging effects of excesses and the sun.

At Skin Renu clinic (based in Balmain, Sydney), we use and recommend two particular Australian-formulated and -manufactured skincare ranges: Rationale and Synergie. Incorporating active ingredients, while leaving out the nasties and fillers, these ranges have a scientific approach to deliver results and form the cornerstone to healthy skin function.

For younger skin, those with minimal obvious sun damage or enlarged pores, Clear+Brilliant laser treatment offers to whisk away lighter pigment and help reduce the appearance of pores. Often dubbed the “baby Fraxel”, Clear+Brilliant has minimal, if any, downtime and is a favourite to help return the glow to stressed, sun-damaged skin.

• Look to science-based skincare and the best in technologies to reverse the damaging effects of excesses and the sun •

For the more mature skin, the excesses of the season can be even more obvious. Pores seem to look larger and skin looks dull and dehydrated, while pigmentation and fine lines become more obvious. Most of these problems can be improved and reversed by accessing some of the “Gold Standards” in rejuvenation. Either used individually or in combination to maximize the effects, Fraxel, Thermage and Infini give outstanding results as they go deep to the dermal layer where collagen is formed. From no downtime to a few days social downtime, there is a treatment that suits most.

We use Thermage as the ideal treatment to tighten and lift lax skin, particularly around the jowl, neck and eye areas. Stimulating the formation of new collagen and tightening existing collagen, Thermage CPT is one of our favourite lunchtime procedures – there is no downtime and no one need know. Results are at their best from three to six months after treatment, so if you have a special birthday or occasion it is best to plan ahead.

We often suggest Infini when skin tone is particularly poor and skin is looking tired and lined. Medical needling combined with radiofrequency technology (which Infini employs) results in the stimulation of collagen and an immediate visible improvement to the skin. Combining these two proven modalities achieves real results and downtime is minimal.

For those with pigmentation and aged skin, we recommend the Fraxel Dual re:store. Able to deliver treatments at two frequencies at the same time, pigment is reduced or removed and skin is refined and tightened. Pesky large pores are refined and skin has smoothness and vitality restored. Depending on the combination of frequencies and the severity of the pigmentation, downtime varies from three to seven days.

While it is reassuring to have a great variety of technologies to correct problems and skin concerns, it is important to use the effective skincare (including a good sunscreen daily!) and to use efficacious treatments such as Omnilux, photo therapy, Laser Genesis and in-clinic facial peels regularly. Well-maintained skin means that the only surprise you'll receive after a stressful day or big night is how good your skin looks! **csbm**



cosmetic tattoo

THE SECRET'S OUT

HOW TO LOOK PERFECTLY MADE UP ALL DAY, EVERY DAY WITH COSMETIC TATTOOING.

A matriarch of cosmetic tattooing, Sydney cosmetic tattoo practitioner Val Glover-Hovan has more than 35 years' experience in best-in-class cosmetic tattooing. Having learned the technique in the 1980s, she has been pioneering permanent makeup ever since, and is at the forefront of using tattoos as a cosmetic procedure.

'Permanent makeup has many beauty benefits, not to mention the economic and time-saving factors,' says Glover-Hovan. 'Its roots trace back to the 1930s and, while both the technique and its popularity have advanced considerably since this time, the reasons for its continued popularity remain the same.'

According to Glover-Hovan, cosmetic tattooing helps highlight a person's best features while camouflaging the worst. 'Many of my clients have said they wonder why it took so long to make the decision to have a cosmetic tattoo procedure,' she says.

Glover-Hovan says subtlety is the key to successful cosmetic tattooing. 'To be honest, the people closest to you may not notice that a cosmetic tattoo procedure has been performed; we aim for a natural-looking result and the procedure has little to no downtime,' she says.

Having performed cosmetic tattoo procedures on thousands of women, Glover-Hovan understands that no two women are alike and each procedure is tailored to enhance their individual looks. 'We all have different needs, lifestyles and tastes, and the cosmetic tattoo needs to reflect this,' she says.

Glover-Hovan draws on a number of techniques, including permanent eyeliner, lip liner, full lip, eyebrow

procedures, and nipple and areola tattooing. Two of the most popular procedures are those to enhance the brows and lips.

'Permanent lip line is suited to people who have no definite lip shape, or for pale, sun damaged or uneven lips and those that have lost shape as a result of cold sores or injury,' she explains. Permanent lip line can also simply add definition for women who want to put more emphasis on their lips.

To further enhance the appearance of the lips, Glover-Hovan explains clients can choose between a lip line and blend, which outlines the mouth and blends the colour onto part of the lips, making the lip line more subtle; or a full lip colour, with more than 100 shades to choose from. 'This is one of the most popular treatments,' she says. 'You can kiss without leaving a trace – no more worry about lipstick marks on your teeth, glassware or other people.'

THE FINISHING TOUCH

Cosmetic tattoo can also bring definition to the brows, enhancing facial symmetry and framing the eyes. With techniques that allow her to mimic the appearance of hair, Glover-Hovan believes cosmetic tattooing can result in a real transformation.

As a specialist and educator in cosmetic tattoo, Glover-Hovan carefully evaluates facial proportions and symmetry, as well as hair and skin colouring, before creating a design that will complement and enhance each client's features.

Fully informing the client about all the aspects of cosmetic tattoo treatments and ensuring they have the right expectations is a very important part of this service. **csbm**



COSMETIC TATTOO AUSTRALIA

VAL GLOVER-HOVAN

THE SPECIALIST COSMETIC TATTOO PRACTITIONER

DESIGNING FACES IS OUR BUSINESS



"I just love the makeup Val has created for me. My friends are amazed when I show them my new work of art. They are all envious and are amazed that it's so natural looking. I am so grateful for what Val has done for me. She made me feel so special, important and loved".

– Gail, NSW

COSMETIC TATTOO EYEBROWS

- improves shape
- solid colour or hair strokes give an instant lift

EYELINER

- defines the eyes

LIPS

- reshaped made fuller
- full lip colour gives your lip power
- colour that lasts for years
- Cosmetic Tattoo Treatments for everlasting beauty



Val Glover-Hovan

Director of Cosmetic Tattoo Australia, The Academy of Image & Cosmetic Corrective Tattoo and Hovans Group, is the mother of Cosmetic Tattoo in Australia, which she pioneered in 1985. Val has been recognised worldwide for her excellence in practice and education. SPCP Industry Leader Award proudly presented to Val Glover-Hovan CPCP, who exemplifies the true spirit of membership, fellowship and generosity in the permanent cosmetics industry 2013

THE ACADEMY OF IMAGE AND COSMETIC CORRECTIVE TATTOO PROFESSIONAL TRAINING IN THE ART OF COSMETIC TATTOO

Val's high standard of training is accepted by Beauty and Cosmetic Tattoo Associations in Australia and the USA. Her expertise as a presenter and educator is sought after from around the world and she continually keeps abreast and up to date with information for the profession.

She offers training programs in all aspects of Cosmetic Tattoo, offers Individual Tuition and is an Importer and Distributor of Quality Machines & Pigments.

Val is certified by the Society of Permanent Cosmetic Professionals (SPCP).

BASIC TRAINING

ADVANCED TRAINING

MEDICAL TATTOOING

BROWS, EYELINER, LIPLINE

FULL LIP COLOUR, DESIGNER EYELINER,

PETITE BODY TATTOOS

CAMOUFLAGE SURGICAL SCARS, RECOLOURING BREAST

IMPLANT SCARS, FACE LIFT SCARS, AREOLA/NIPPLE

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READ MY LIPS

BEAUTIFUL LIPS ARE ALWAYS IN FASHION. SYDNEY PERMANENT MAKEUP PRACTITIONER RITA PORRECA TELLS US HOW WE CAN CHEAT NATURE TO HAVE A FULLER, PRETTIER POUT.

Full lips have long been viewed as a symbol of beauty, youth and sensuality. Many people view lips as the focal point of the face, and their shape and volume can speak volumes about you before you've said a word. Indeed, a study by scientists at Manchester University in the UK concluded that a woman's lips are the most attractive part of the female body. Other studies have found that plumper lips also serve as a biological indicator of a woman's health and fertility.

You want your lips to look good, to have the perfect shape and colour all the time. Step in cosmetic lip tattooing to make the most of this delicate feature. There are many benefits for cosmetic tattooing of the lip area, including:

- Defined lip shape
- Fuller and seductive lips
- Perfect 24 / 7 lips
- Great casual lip look without lipstick
- No lipstick bleeding

LIP TATTOOING TECHNIQUES

LIP LINER Ideal for people who have no definite lip shape, sun-damaged lips, uneven lips, lips that have lost shape as a result of cold sores or injury, or simply for those that would like to emphasize the mouth. Offered in a wide range of colours.

LIP LINE/BLEND This procedure is great for people who have small lips or an uneven lip shape. Especially successful for sun-damaged lips, uneven lips or lips that have lost the shape as a result of cold sores or injury. This treatment achieves fuller lips whilst at the same time providing a softer lip shade.

FULL LIP This ultimate lip treatment is to achieve full lips and is great for busy people – no more lipstick touch-ups! It also helps to enhance pale and uneven lip colour. There is a wide range of colours to choose from, ranging from lightest to darkest shades. Wake up in the morning with perfect lips, all day, every day.

BEAUTY SPOTS A distinctive beauty spot is also available for added glamour.



SYDNEY Permanent Make-Up CENTRE

timeless and effortless beauty

TREATMENT CONSIDERATIONS

- If you suffer from cold sores we recommend you take 'L-Lysine' tablets two weeks prior to the treatment.
- If using Retin A, you will need to cease using it three weeks prior to your treatment.
- Condition the lips with moisturising cream two weeks before and after treatments.
- Sunblock is necessary at all times.
- The initial colour will usually look brighter, and it will take up to three weeks to settle to a more natural state.
- Any swelling should ease after 24 hours.
- The treatment lasts up to two to six years. However, to keep your lips looking consistently good we recommend that you have a touch-up treatment every two years.
- We use oxide pigmentation to avoid any potential allergic reactions.



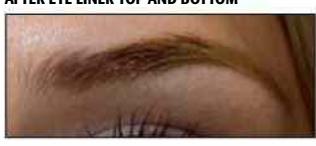
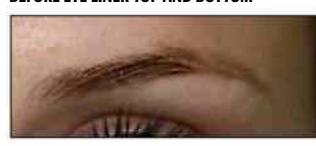
When it comes to eyes, lips, face, body, skin and training, we are the experts' expert. With more than 25 years' experience we have developed an excellent reputation with doctors and surgeons. We also work closely with surgeons in post-operative care.

— Rita Porreca, Founder & MD
SPCP, AAM, AACT, APAA



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PROVEN TREATMENT FOR STRETCH MARKS

**ENTER A NEW AGE
OF STRETCH MARK
PREVENTION AND
TREATMENT WITH
STRATAMARK. AIMÉE
SURTENICH REPORTS.**



With its flagship scar therapy and wound healing gel-based products – Stratamed and Strataderm – Swiss company Stratpharma has earned the trust of Australia's leading cosmetic medical practitioners, including dermatologists, plastic surgeons, cosmetic surgeons and physicians, and ENT and facial plastic surgeons.

Stratamark – for the prevention and treatment of stretch marks – is Stratpharma's latest innovation, backed by clinical trials and registered with the TGA. This breakthrough product is the first clinically proven topical medical device for stretch marks.

Striae distensae, or stretch marks, are a form of abnormal scarring, in which the dermal collagen ruptures and separates. The intervening gap is filled with newly synthesised collagen, which then becomes aligned in response to local stress forces.

Stretch marks are not exclusive to pregnant women. Both men and women can have stretch marks caused by growth spurts – for example, during puberty, when you have rapid weight gain or loss, or due to steroid use.

Hundreds of cosmetic products are available on the market claiming to improve stretch marks with no clinical trials or assessment of efficacy. These are typically topical therapies such as tretinoin, cocoa butter, glycolic acid, trofolastin and hydrant creams. Unlike cosmetic and moisturising products, Stratamark is a medical device which is clinically proven with therapeutic action for the prevention and treatment of stretch marks.

HOW DOES STRATAMARK WORK?

Stratamark is a topical medical device for the prevention and treatment of stretch marks. It can be used on all types of stretch marks and is safe to use anywhere on the body.

Applied to the skin as a topical gel, Stratamark dries to form a thin, flexible and protective gel sheet that is gas permeable and waterproof.

Stratamark hydrates and protects the skin, allowing the skin to normalise the collagen synthesis cycle to efficiently prevent and treat stretch marks.

HYDRATION

Stratamark is semi-occlusive and gas permeable, which allows the skin to breath and remain hydrated. However, it is also hydrophobic, which prevents water being lost from the dermal layers of the skin. It helps in decreasing the transepithelial water loss and therefore increases skin hydration.

PROTECTION

Stratamark forms a durable, flexible and waterproof sheet and does not penetrate into the epidermis or dermis. It protects stretch marks from local irritants including friction from clothing. This assists in normalising the level of collagen production.

MODULATION

Stratamark influences an epidermal-dermal signalling cascade via a regulatory role of the epidermis on fibroblast production. Keratinocytes have been shown to activate the fibroblasts, hence collagen and glycosaminoglycan production. This leads to the normalising of the keratinocyte hydration status and the normalising of tissue growth factors, which signals dermal fibroblasts to normalise the collagen synthesis cycle of stretch marks.

STRATAMARK APPLICATION

Stratamark is applied directly to clean, dry skin. It is applied as a thin layer, which dries quickly within three or four minutes, after which it can be covered by garments, sunscreens and other cosmetics. Stratamark can be applied once daily or after each wash.

For women seeking to prevent the formation of stretch marks during pregnancy, Stratamark is recommended for use from the beginning of the second trimester (from week 13) or at the first sign of stretch mark formation. Application should continue following birth for a minimum of 60 to 90 days.

For the treatment of existing stretch marks, Stratamark should be used for at least 60 to 90 days. Continued use is recommended until no further improvement is seen. Severe and/or older striae may need longer treatment. The product should be in constant contact with the stretch mark – 24 hours a day, seven days a week.

Due to its unique formulation and efficacy, only a very small amount of gel is required per application. It can also be used in combination with other stretch mark treatment, including laser therapy.

Stratamark can be used throughout pregnancy and breastfeeding and on sensitive skin.

CLINICAL EVIDENCE OF EFFICACY

Stratamark is clinically proven to be effective for both preventing and treating stretch marks.

Three-hundred and three (303) patients and 61 obstetricians participated in an open-label prospective cohort study in Europe. Application of Stratamark was shown to significantly reduce the risk of developing stretch marks when used during pregnancy.

Eight-one percent (eight out of 10 patients) did not develop stretch marks in the prevention phase of the study (compared to the accepted prevalence of between 50 and 90 percent of patients not using Stratamark), with no “severe” or “very severe” cases reported.

In the treatment phase of the trial, 83 percent of participants experienced reduced itchiness, 86 percent reported reduced stretch mark visibility, and 88 percent saw improvement in colour. **csbm**

feature

A close-up photograph of a woman's upper body and face. She has long, dark brown hair that is partially pulled back. She is wearing a black, strappy top and matching black bottoms. Her skin tone is light, and she is looking directly at the camera with a neutral expression.

ALL ABOUT BREASTS

X XXX

THE ANATOMY & THE ALLURE OF BREASTS

Breasts are universally regarded as objects of feminine beauty. Just as there is a considerable range of variation in facial features between individuals and different ethnic backgrounds, there are many variations in the appearance of the breast.

WHAT DICTATES OUR BREAST *SHAPE & SIZE?*

Breasts come in all sorts of shapes and sizes, and nipples too can vary immensely in size, form and colouration. Some women have more glandular tissue in their breasts, some have less, some have more connective tissue, some more fat. Most of the size differences between women's breasts are due to fatty tissue.

The size and shape of women's breasts can also change over time due to pregnancy, breastfeeding and menopause. The only muscles in the breast are those involved in the erectile function of the nipple. The supporting semi-elastic Cooper's ligaments, like the skin of the breast, stretch over time due to gravity, creating a degree of droop. Pregnancy and breastfeeding can contribute to stretching; breasts are also affected by loss or gain in weight.

Women's breasts are rarely symmetrical. In most cases, one breast is usually slightly larger or smaller, higher or lower, or of different shape to the other. Sometimes the base is narrow at the breast wall, which affects development. Hypoplastic or tubular breasts don't tend to have much glandular tissue and often have a large nipple complex.

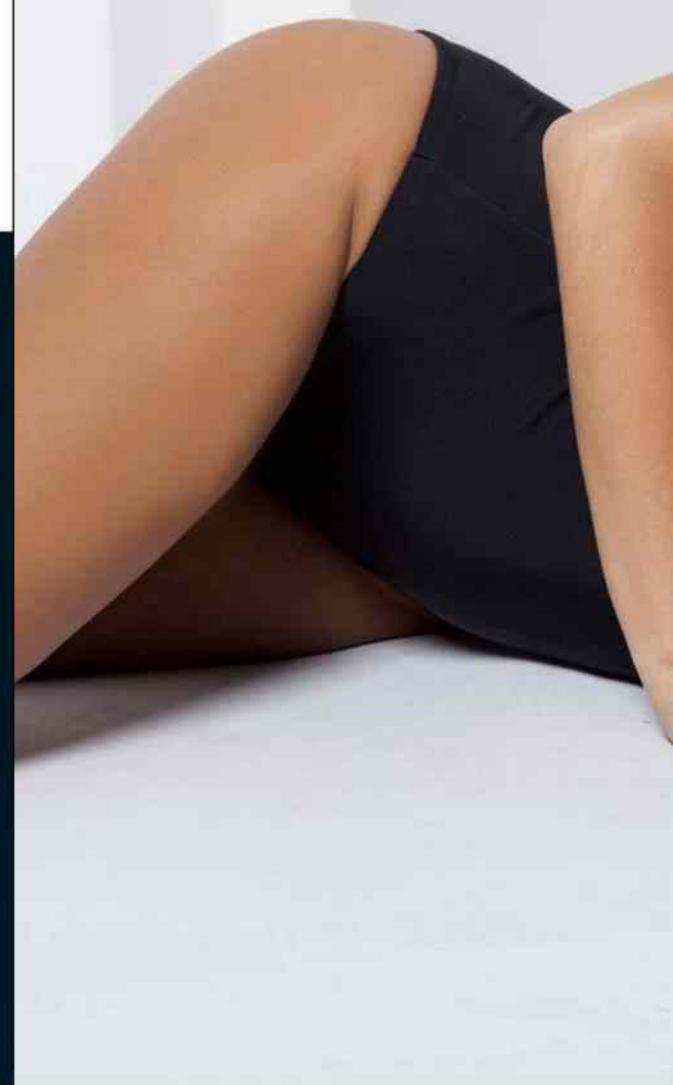
Nipples can be flat or protruding and an areola can be confined to a small ring around the nipple or cover almost half of a small breast. Colour can range from pink to black and usually becomes larger and darker during pregnancy.

Sometimes the nipples are folded in on themselves. In most cases inverted nipples are functional for breastfeeding because the baby can suck them outwards. A very small percentage of people (less than six percent of men and women) have either additional nipples, which can occur along the foetal milk line (pre-birth area of breast development), or additional breast tissue that usually forms in the armpit.

WHAT IS BREAST AUGMENTATION?

Breast augmentation is a surgical procedure that increases the volume of the breasts through the insertion of prosthetic implants. Implants typically range in volume from 90 to 900 millilitres and also come in different shapes. They have either saline or silicone filling and smooth or textured silicone or textured polyurethane foam covered envelopes.

As every woman's physiology and presenting conditions are different, a skilled surgeon chooses from a range of procedural options to suit the patient and her desired outcome. In some cases augmentation surgery is accompanied by a mastopexy, or lifting procedure, which involves more scarring but may be needed to ensure an aesthetic outcome in patients who have sagging breasts.



IS BREAST IMPLANT SURGERY RIGHT FOR YOU?

Breast implants are available to suit the needs and preferences of just about every patient. Some women seek implant surgery to correct congenital or developmental anatomical abnormalities, while others are striving to repair the toll of age or breastfeeding by restoring their breasts to a more youthful and upright position. Other women simply want to have a larger size bust, which is more proportionate to their overall body size. Implants may also be required to reconstruct a damaged or missing breast, which has sustained injury, illness or mastectomy. There are countless reasons women undergo breast augmentation and each one has unique importance to the individual.

The psychology behind the decision to have breast implants is one of the most important aspects of the procedure. A good candidate for breast augmentation is mentally and physically stable and understands the reality of what this surgery can achieve.

Often women seek cosmetic surgery as a means of fulfilling emotional needs or resolving problematic body image issues. Any cosmetic procedure affects the patient more on a psychological level than on a physical one and it is important to remember that if a woman with low self-esteem elects to undergo surgery in the hope she will feel better about herself, she is likely to feel disappointed with her surgery. While breast augmentation can help boost a woman's confidence, she will not benefit from surgery if she thinks it is the cure for all that is wrong in her life.

Many women view their breasts as a vital component of their gender identity, as the female breast is one of the prime symbols of femininity, motherhood and sensuality. However, women are notoriously critical of their bodies and some may be especially so of their breasts. When contemplating breast augmentation, ensure it's for the right reasons.



WHICH IMPLANT & WHY?

The patient considering breast augmentation has a number of choices to discuss with her surgeon, including the location of the incision, the type of breast implant and where it will be located.

Prior to the procedure decisions will be made about the size and type of implant, depending on the patient's anatomy, body size, chest measurements and desired final result. Almost all patients who request a breast augmentation desire some degree of cleavage.

Cleavage is defined by the distance between the breasts and it can be enhanced by narrowing the gap between them breasts as well as increasing the fullness of the breast at the inner edge of the breast.

In most cases, the appropriate type, size and placement of the implant can enhance cleavage. However, in some women, particularly those who are extremely thin with minimal soft tissue and with widely separated breasts, a well-defined cleavage will not be possible without causing the risk of implant visibility and, worse, being able to feel the implant. In these patients, cleavage can only be further enhanced by a suitable bra.

Choosing the right implant is more complex than choosing a certain cup size or wanting to emulate a look from a celebrity or a friend who has previously undergone breast augmentation. It is important for the patient to choose a breast implant size that suits her individual body shape and size. This will help ensure natural-looking results that will enhance her existing shape.

The final outcome depends on the patient's existing

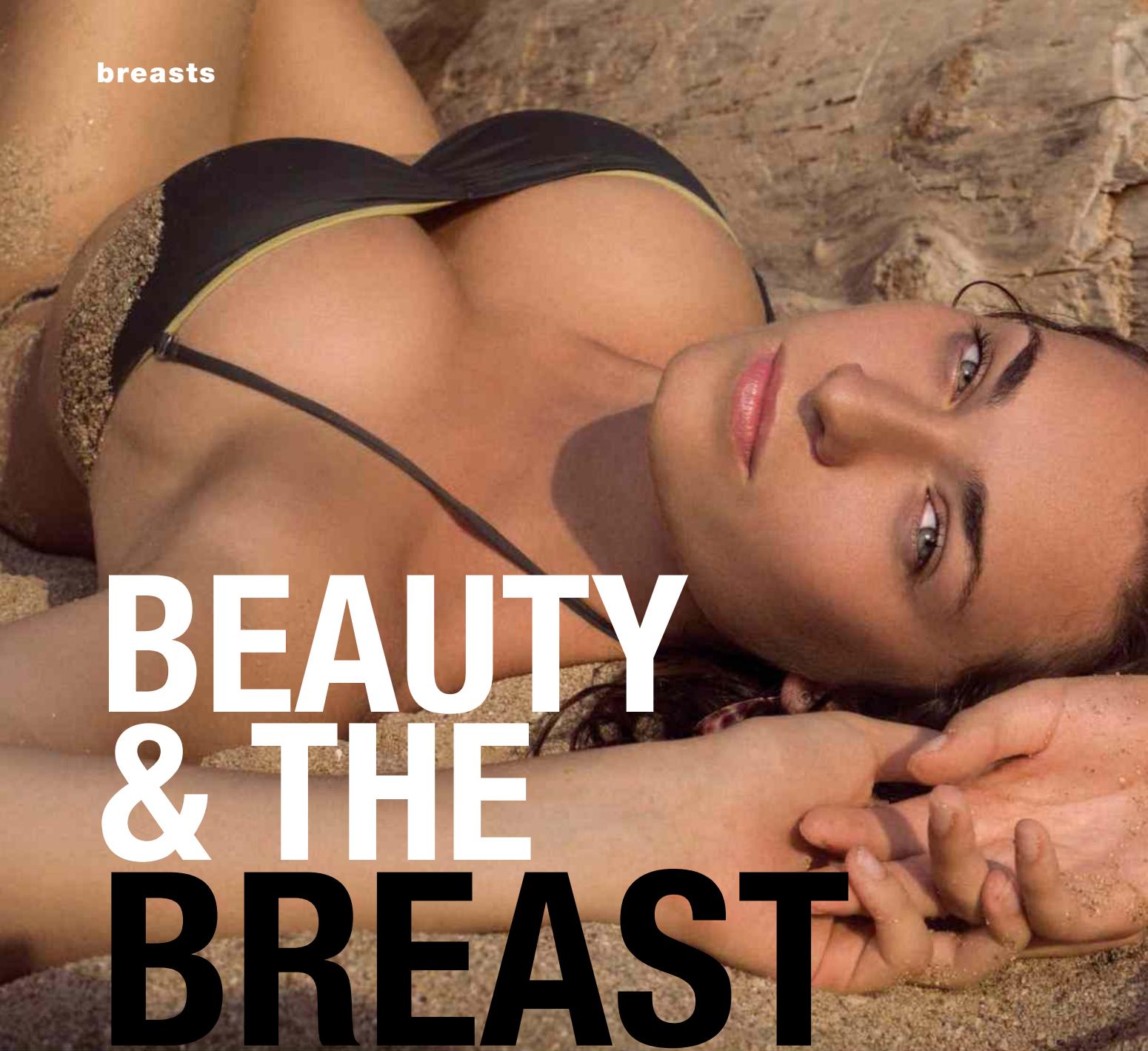
breast volume, the thickness of the soft tissue that covers the breast, the bulk of the muscle and the tightness of the skin envelope. While these factors should be considered case by case, there are some general characteristics of an attractive breast, including:

- A gentle slope from the shoulder to the peak of the breast at the nipple (roundness at the top of the breast is an implant giveaway)
- The nipple is located on the centre of the breast mound and tilted slightly outwards and upwards
- A gentle arc from the nipple to underneath the breast (not too big and full, which can make the breast appear saggy)
- A good cleavage
- A silhouette line so that when standing front-on, a gentle bulge is apparent on the side of the chest wall.

Careful discussion of the patient's expectations and concerns, along with planning and assessment, can help to achieve a successful outcome and natural-looking results.

Patients should thoroughly discuss their goals and motivations with a surgeon they can trust and with whom they feel comfortable. Listening to the surgeon's feedback and advice can help ensure expectations and motivations are realistic.

A woman's satisfaction with breast augmentation results ultimately depend on her understanding of the capabilities and limitations of the procedure.



breasts

BEAUTY & THE BREAST

BREAST ENHANCEMENT IS MORE THAN JUST VOLUME – SHAPE AND PROPORTION ARE ALSO KEY TO CREATING BEAUTIFUL RESULTS, SAYS DR JOHN FLYNN.

Breast rejuvenation surgery – whether augmentation, reduction or lift (mastopexy) – can significantly boost a woman's self-esteem and confidence when chosen for the right reasons.

Dr John Flynn, from Cosmedic and Skin Clinic on the Gold Coast, understands many breast rejuvenation patients are simply looking to bring their body into proportion, perhaps due to underdevelopment, asymmetry or changes associated with pregnancy and breastfeeding, as well as the natural ageing process.

'The overarching aim of breast rejuvenation procedures is to balance the body's proportions into an attractive, feminine silhouette,' Dr Flynn explains. 'Although changing your breasts will not, in itself, change you, it can be

THE PRINCIPAL PURPOSE OF BREAST REJUVENATION SURGERY IS TO CREATE BODY BALANCE, WHERE THE PROPORTIONS ARE IN HARMONY,

effective in helping to improve or restore self-esteem and body confidence.'

As we age, gravity, a loss in skin quality and a reduction in renewal processes can leave all parts of the body – not just the face – somewhat deteriorated. Such age-related changes to the breast, for example a loss in volume and an 'empty' look or a change in shape, are common reasons for women seeking surgery.

'There are a number of issues associated with ageing that affect the breasts,' says Dr Flynn. 'The issues to consider are loss of volume, the texture and tone of breast tissue and the inevitable sagging of the breasts. All women will be affected by some of these issues during their lives, because of the natural ageing process.'

Procedures that restore volume, but also lift the breast tissue, can be effective in creating a more youthful and natural-looking result in breast rejuvenation. A breast lift, or mastopexy, can improve the shape and positioning of the breasts, while also adjusting the nipple areola complex.

'Certainly, restoring volume using breast implants is a key measure, however there are times when lifting and tightening of the breast tissue is of equal importance and sometimes I perform a combination of these procedures,' Dr Flynn says. 'The principal purpose is to create body balance, where the proportions are in harmony.'

A breast lift, combined with augmentation or reduction, encompasses a total rejuvenation of breast tissue. The size and shape of the breasts are adjusted, excess skin is removed and the tissue is remodelled.

'In a mastopexy, the available breast tissue can be compressed and lifted to help restore a fullness of texture and tone,' Dr Flynn says. 'The lifted breasts will have a more pert, youthful appearance. This can be combined with volume reduction, in a reduction mastopexy, or implant insertion, in an augmentation mastopexy.'

Dr Flynn explains patients should be aware that mastopexy involves a different type of scarring from traditional breast implant surgery: 'Typically, the surgical approach is through an incision around the nipple, and in some cases there may also be a vertical scar from the nipple to the inframammary fold (the breast crease),' he says.

In deciding upon surgery, education and realistic expectations are paramount to achieving a positive result. Dr Flynn believes women who are well informed of the procedure, and realistic in their expectations, are most likely to be pleased with the result.

'We recognise that patients may differ in what they regard as ideal body proportions, so this is something that needs to be discussed with their chosen doctor at consultation,' he says. 'In an initial consultation, the surgical options should be fully explored, including the risks, limitations and potential complications.'

In helping shape these expectations, and to better understand each patient's concerns and desires himself, Dr Flynn says an honest and open conversation between doctor and patient is essential.

'Each woman is different, and it is important to find a personalised, customisable solution to suit each individual patient,' Dr Flynn explains. 'Communicating with one another helps this process and enables the patient to understand the limitations and expected outcomes.'

breasts

For patients looking to also recontour their lower half, Dr Flynn has refined the "Body Balance" approach, where the patient's own fat is harvested to help improve body shape. In this, fat is removed during liposuction and then redistributed into the breasts for an enhanced effect.

According to Dr Flynn, an emerging concept in this area involves the use of stem cells in fat transfers, which help improve the consistency of the result.

Whether it is to fill volume, reduce tissue or lift heavy breasts, there is a range of surgical options to help achieve

a more youthful and aesthetic contour. In balancing proportions, correcting asymmetry or rejuvenating the breasts, results can help boost confidence and heighten body image.

'Each woman is different in their reasons for, and expectations of, breast rejuvenation surgery. Even in deciding upon an implant, there are a variety of shapes and sizes to choose from because every patient is unique,' Dr Flynn explains. 'It is important to find a personalised solution to suit each individual.' **csbm**



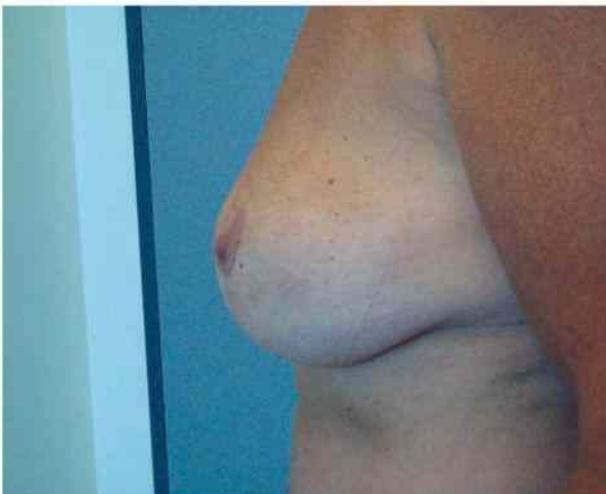
BEFORE



AFTER breast augmentation by Dr Flynn



BEFORE



AFTER breast lift by Dr Flynn

SCAR PREVENTION

STRATAMED IS A BREAKTHROUGH TREATMENT FOR FASTER WOUND HEALING AND ABNORMAL SCAR PREVENTION. AIMÉE SURTENICH REPORTS.



WHAT CAN STRATAMED DO?

- Accelerates tissue healing
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For more information visit
www.stratamed.com

Scarring is a major consideration of cosmetic surgery patients. No one wants a scar post-procedure to detract from the final results of their cosmetic enhancement.

Stratamed is a breakthrough in post-procedure care and abnormal scar therapy. It is designed to accelerate tissue healing and prevent abnormal scar formation. In more technical terms, it is the first semi-occlusive, advanced film-forming silicone gel dressing, which can be applied on compromised skin directly after a procedure or skin trauma.

Stratamed creates an optimal environment for faster wound healing. It helps reduce the inflammatory response and re-epithelialise, or lay down, skin on the wound bed.

Once applied, Stratamed dries to form a full-contact, flexible, protective sheet that bonds to the injured skin. Stratamed is bacteriostatic, which means no bacteria can grow on it or in it. Unlike fully occlusive medications (for example, petrolatum), Stratamed allows the wound and scar to breathe while remaining hydrated and protected.

Stratamed does not adhere strongly to the healing tissue, so it can be placed on the wound as the primary dressing. This semi-occlusive effect works to protect the wound site, but also helps to improve hydration and speed up healing.

During the healing process, Stratamed restores the barrier function of the outer-most epithelial layer – called the stratum corneum – and prevents dehydration of the skin. This allows the migration of skin cells across the wound bed for faster recovery.

Only a small amount is required and each tube is designed to last 90 days. The best results are achieved when Stratamed is in continuous contact with the skin – literally 24/7 – in the days and weeks following a procedure or skin trauma. **csbm**



HAVE WE ENTERED A NEW ERA OF GYNAE

**ADELAIDE
GYNAECOLOGIST
AND PELVIC
RECONSTRUCTION
SURGEON DR OSEKA
ONUMA GIVES AN
UPDATE ON THE
EVOLUTION OF LASER
TREATMENTS IN
THE GYNAECOLOGY
SECTOR.**

Lasers refer to devices that produce and emit a concentrated light. The light is amplified through a process that involves the stimulation of small particles called atoms that then release energy in the form of photons. This process is called stimulated radiation and the term 'laser' is an acronym for Light Amplification by Stimulated Emission of Radiation.

There are several hundred varieties of lasers, however, the majority belong to one of six groups: gas, chemical, dye, metal-vapour, solid-state and semi-conductor. The vast majority of laser machines have very specific applications in specialised research fields.

Lasers are used widely in many industries, including engineering, music, the military and medicine. Within the field of medicine, lasers have become most recognisable for their applications in the area of cosmetic medicine. However, lasers were used long before their application in cosmetic medicine for their destructive, excisional and coagulation properties.



COLOGY?

Gynaecology was one of the earlier adopters of laser technology. In 1973 it was used to treat erosions of the cervix, and soon after for excising or coagulating cervical pre-cancer lesions (CIN; cervical intraepithelial neoplasia) and fallopian tube micro-surgery. The cost of laser technology, particularly in the 1990s, was the principle limit to wider adoption. The CO₂ laser was the first laser used in gynaecological practice in 1973 but had been developed in 1961, just a year after the first laser was made.

In gynaecological practice, lasers have been used for the treatment of endometriosis, utero-sacral nerve ablation, division of adhesions, excision/ablation of cervical and vulval lesions and ovarian/fallopian tube surgery. Whilst not as commonly available, it is still used in some centres around the world for these indications.

The use of laser or non-laser technologies in these areas have been largely physician-driven, based on their particular interests and access to the technology.

The use of lasers in the female genital tract to improve

quality of life issues such as sexual function has been around for less than two decades. The term Laser Vaginal Rejuvenation™ (LVR™) was coined by a US-based gynaecologist. It referred to a technique of using a diode laser as a cutting/dissecting tool when performing prolapse surgery; surgery designed to correct physical defects whilst treating the patient as a sexual being rather than a simple diagnosis about the size of a lump. This type of surgery can be most accurately described as laser-assisted vaginal surgery.

The surgery remains controversial, not because it does not work but perhaps because the concept of female sexual function is not routinely taught in specialist gynaecological training. The struggle to place women front and centre of treatment remains a significant issue in current gynaecological practice.

To add to the confusion, the terminology associated with such surgery has been varied (vaginoplasty, vaginal rejuvenation, cosmetic gynaecology, cosmeto-gynaecology,



designer vagina) and often viewed perjoratively.

The diode laser is one of the least expensive laser technologies but remains significantly more expensive than a scalpel, scissors or cutting diathermy. The advantage of laser dissection over other dissecting tools includes the ability to dissect, coagulate, cut and, at the same time, promote collagen formation which assists healing and reduces scar tissue formation. Surgeons who offer this approach believe that their patients tend towards a greater improvement in sensation during intercourse compared to conventional cold-knife techniques.

The application of lasers in dermatology has been a significant driving factor in the development of lasers

the deeper lamina propria where most of the therapeutic effects are mediated. The CO₂ laser is more aggressive than the Erb-YAG laser being subablative throughout the whole application, with the photo thermal damage higher on similar energy levels and passes. The Erb-YAG laser system employs two distinct delivery methods: a multipulse delivery that is not subablative and a single shot, long-pulsed mode that is subablative and produces a deeper thermal spread.

What does this all mean though? The limited data available suggests that the photothermal damage results in the vaginal surface epidermal mucosa becoming thicker, more dense and cellular, with less keratin. The arrangement of the connective tissue in the lamina propria (deeper layer) is more dense, suggesting increased collagen.

The gold standard for evidence-based medicine is that

obtained via randomised, placebo-controlled, double-blind studies. If the practice of medicine today relied on these types of investigations alone, the majority of medical practice in all fields today would have to cease.

However, evaluation of new technology or the application of pre-existing technology to new indications requires a robust examination of any available evidence, evaluation of the technology and monitoring of outcome. It is possible that the makers of the CO₂ laser are being over cautious or that the makers of the Erb-YAG laser are being too optimistic in their indications for use of their technology.

Lasers have a long history of being used in dermatology,

THE STRUGGLE TO PLACE WOMEN FRONT AND CENTRE OF TREATMENTS REMAINS A SIGNIFICANT ISSUE IN CURRENT GYNAECOLOGICAL PRACTICE

designed to be used in the vagina and on the vulva. Non-surgical laser vaginal treatment ('therapy,' 'rejuvenation') is an expensive technology but is showing signs of fairly rapid early adoption, particular amongst cosmetic physicians and plastic surgeons. Gynaecologists have been, comparatively, late adopters of the technology but there is some evidence that more gynaecologists are exploring the role of non-surgical laser vaginal treatment in their practices.

The two main types of laser used in non-surgical treatment of the vagina are the CO₂ and Erbium-YAG. Both produce their effects by photothermal damage to both the surface epidermal mucosa and more importantly to

dental surgery and medicine and cosmetic surgery. No reputable surgeon performing a facelift would use a scalpel as a primary cutting tool when laser dissection has been shown to result in improved healing, reduced pain, reduced blood loss and less scar tissue formation.

**Discuss your symptoms
with a doctor who has a clear
understanding of all the treatment
modalities available †**

The same principles can be applied to dissection of the vaginal mucosa. Unfortunately, in my opinion, the main instrument used for vaginal wall dissection in the majority of first-world institutions around the world remains the scalpel or the scissors.

Non-surgical laser vaginal treatment is not a surgical approach. It is not the same as traditional vaginoplasty and it is not the same as laser-assisted vaginal surgical procedures. It is not a case of you saying to your doctor, 'I want to have non-surgical laser treatment for my symptoms' if you place a value on the outcome you wish to achieve. The optimal approach would be to have the discussion about your symptoms with a doctor who has a clear understanding of all the modalities of treatment available and is able to guide you towards the mode of treatment that might offer you the best outcome.

Whilst non-surgical laser vaginal treatment shows the most promise for improving or curing symptoms related to atrophic vaginitis, it is of little value in correcting pelvic organ prolapse. Whilst non-surgical laser vaginal treatment can improve very mild stress incontinence or reduce vaginal wall relaxation, it is unlikely to cure any significant stress urinary incontinence or improve sensation during intercourse where the vagina and the vaginal introitus are patulous because of detached or torn muscles and fascia.

Non-surgical laser vaginal treatment (rejuvenation/therapy; call it what you will) is an excellent addition to the limited arsenal available for treating some symptoms of female pelvic floor dysfunction. The risks associated with treatment when properly performed are almost negligible. Treatment should be carried out by doctors properly trained in assessing the vagina and in both the theoretical and clinical aspects of laser therapy.

Any treatment can only be carried out with the consent of the patient and each patient should be confident that they understand the indication for treatment, mode of treatment, alternatives to a particular treatment and possible harmful effects of a treatment. **csbm**



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TREATMENT TO
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TISSUE FOR AN
ANTI-AGEING,
TIGHTENING EFFECT.
AIMÉE SURTENICH
REPORTS.**

From being a taboo subject, vaginal rejuvenation has lately become a public secret. With women living longer lives, in a time where quality of life has become so important, more patients are open to treatments that improve vaginal health and enhance their overall quality of life.

MonaLisa Touch, distributed in Australia by High Tech Laser, is a new non-surgical way to treat vaginal atrophy – a condition that can result in incontinence, poor lubrication, itching, dryness and pain during intercourse.

It's a simple procedure, requires no anaesthesia and can be performed in less than five minutes.

'MonaLisa Touch has been developed to help patients suffering from symptoms such as urinary incontinence, painful



intercourse, dryness, itchiness, burning, vulval and vaginal pain, prolapse, and laxity or looseness,' explains Dr Fariba Behnia-Willison, a gynaecologist from South Australia. 'These symptoms are part of a common condition known as vaginal atrophy. Additionally, because of how the treatment works, it can be used for vaginal rejuvenation.'

‘My patients have noticed a significant improvement following the MonaLisa Touch procedure – some have even described the procedure as life-changing’

WHAT CAN MONALISA TOUCH IMPROVE?

- Vaginal Itching & Burning
- Vaginal Laxity
- Incontinence & Urinary Urgency
- Mild-To-Moderate Prolapse
- Vaginal Dryness & Loss Of Lubrication
- Recurrent Thrush & Urinary Tract Infections
- Vaginal & Vulval Pain
- Pain During Intercourse

HOW DOES IT WORK?

Using fractional laser light, the MonaLisa Touch probe – which is inserted into the vagina – delivers thermal energy into the deeper layers of the vaginal tissue.

This kick-starts the body's natural processes to increase blood flow and stimulate the formation of collagen, which improves the integrity and elasticity of the genital mucosa. This can be effective in alleviating vaginal pain in those patients experiencing gynaecological problems or vaginal atrophy, or in simply tightening the vaginal walls for a rejuvenating effect.

‘To put it in simple terms, the MonaLisa Touch procedure stimulates the body's natural processes,’ Dr Behnia-Willison explains. ‘It creates more hydrated and healthy cells which help to increase vascularisation, hydration and acidity, which are important components of vaginal health.’

According to Dr Behnia-Willison, a treatment to improve vaginal function is sought by a significant number of patients, of many different ages. ‘Although many of my patients are going through menopause or are post-menopausal, there are also many younger women suffering from similar symptoms,’ she says. ‘I have found the treatment particularly effective for women who find it painful to have sexual intercourse.’

Best results are obtained from three MonaLisa Touch treatments, performed a month apart, but most patients notice a significant improvement after the first procedure. A follow-up procedure every year or so, after the initial course of treatments, is recommended to maintain the effect.

As with any medical procedure, there are some potential risks with the MonaLisa Touch treatment. ‘In my experience, which is similar to that of overseas practitioners, the likelihood of post-treatment complications following a MonaLisa Touch treatment is minimal,’ she says. ‘The worst side effect I have seen has been some mild discomfort for 12 to 24 hours following the procedure.’

Whether you’re looking to relieve the symptoms of vaginal atrophy, or seeking a rejuvenating effect, MonaLisa Touch is a viable option, backed by clinical research and a history of success in a gynaecological setting. ‘Almost all of my patients notice a significant improvement following the MonaLisa Touch procedure – some have even described the treatment as life-changing,’ Dr Behnia-Willison concludes. **csbm**

tattoo removal

TATTS ENOUGH

READY TO RETHINK THE INK? THE SYNCHRO QS4 LASER IS THE LATEST IN TATTOO REMOVAL AND DELIVERS IMPRESSIVE RESULTS - FAST. ERIN DOCHERTY REPORTS.



Tattoo removal has now been radically changed with the latest technology from DEKA. Synchro QS4, distributed by Hi-Tech Laser, is the new advanced laser for tattoos and benign pigmented lesions. The process has been shortened, the downtime lessened and the results improved for more effective tattoo removal.

Approximately one-third of people with tattoos decide to remove them at some point in their lives. In the past, various methods have been attempted but are often associated with high-risk scarring, unsatisfactory results and lengthy treatment protocols.

Synchro QS4 represents an unprecedented innovation in laser technology and is achieving excellent results in tattoo clearance. Instead of focusing on the speed of the pulse, DEKA has focused on a different innovation that improves

the quality of treatment coverage, with less downtime.

Dr Bruce Williamson, from SkinSmart Medical Services in Balgowlah on Sydney's Northern Beaches, has worked in Skin Cancer and Cosmetic Medicine for almost 20 years. He has been using Synchro QS4 for the past six months and is particularly impressed by the improved treatment coverage.

'Synchro QS4 is a refinement of Q-switched technology. It's a more powerful laser with a larger spot size, which means a deeper projection of power. The square spot size is fantastic,' says Dr Williamson.

Multiple spot dimensions allow the removal of deep and complex tattoos thanks to the homogeneity of the pulse, allowing successful treatment with reduced risk of hypopigmentation or other side effects.

The square spot size on the treatment head of the laser is important. When there is an overlap from a circular shape pulse there is risk of uneven results from either over-treatment in overlapping zones, or under treatment in circles that don't overlap.

'Largely in colour tattoos what you are trying to avoid is double treating areas,' explains Dr Williamson. 'Synchro QS4 has a homogenised square, which avoids overlapping and maximizes the effectiveness of the treatment. The square spot size not only decreases the number of treatments but also the appearance of "hot spots", which usually increase downtime.'

DOES THE SYNCHRO QS4 WORK ON ALL COLOURS?

The Synchro QS4 can treat multicoloured tattoos depending on the depth and area.

For effective multi-colour tattoo removal, Synchro QS4 has four different wavelengths in one system: 1064nm, 532nm, 585nm and 650nm. The wavelength determines which pigment colour the laser's energy will be absorbed in for discerning removal.

'I love the flexibility Synchro QS4 offers – I use two primary wavelengths for tattoo removal. By working in the infrared (1064nm), black and blue tattoos can be treated whereas green light (532nm) acts on red and reddish colours.'

Traditionally, colours such as blues and greens have been difficult to clear during tattoo removal. However Synchro QS4 has changed this reality and Dr Williamson says that the chance of success has significantly improved with the new technology.

'Most colours respond better with Synchro QS4 and we have particularly achieved very good results with the green/black colour base', says Dr Williamson.

'Certain colours are absorbed in different ways. Depending on the number of treatments, lighter shades, such as yellow, are usually harder to remove, however you might find these colours are not likely to stand out,' he says.

THE RESULTS ARE IN...

Each person (and tattoo) reacts differently to treatment due to different factors: age, skin type, habits, where the tattoo is situated, and also the quantity of colour, the possibility of stratification, the chemical composition of the tattoo and its depth.

'We apply numbing cream to make the treatment as comfortable as possible,' says Dr Williamson. 'Synchro QS4 has an excellent safety profile and, because of the square homogenised spot size, there are no 'hot spots' or overtreated areas which can often result in hyperpigmentation.'

'Around four to seven treatments are required, depending on the tattoo size, colour and depth. Very few tattoos are removed in less than four sessions,' Dr Williamson says.

There is some downtime involved following the treatment, and redness, swelling and scabbing can occur directly after the procedure. Because Synchro QS4 calls for fewer treatments, the risk of scarring is considerably reduced compared to other systems.

'After treatment patients can expect some scabbing, however unlike some lasers in the past, the laser does not burn so there is no risk of dermal scarring,' says Dr Williamson.

In revolutionising tattoo removal, Synchro QS4 provides fresh hope for both personal and professional reasons, often becoming a life-changing venture.

Dr Williamson explains how treatment with Synchro QS4 can have a significant impact on a patient's life. There was a girl who applied for a job as a flight hostess and she had three tattoos that she needed removed in the three months before her induction (because of the airline's policy on tattoos), he says. 'The tattoos were only very small and all a single colour, so we managed to get all three removed in time. I received a call from her mum to say thank you and that she passed her induction, signifying a fresh – tattoo-free – start.' **csbm**

SUMMER SKIN RESCUE

**KICK-START YOUR
SUMMER REVIVAL
AND REVERSE
DEHYDRATED,
PIGMENTED,
SUN-DAMAGED
SKIN. ERIN
DOCHERTY
REPORTS.**

Don't let your fun in the sun fast track you to fine lines, wrinkles and pigmentation. Take a look at our cheat sheet to get your skin back on track! It's time to replenish, rehydrate and promote healthy skin turnover.

There is no one-size-fits-all remedy for repairing your skin after the ravages of summer. Caring for your skin and preventing premature ageing is not a wash-and-go approach; it should be tailored to your skin type and the skin concerns you wish to address.

A serious skin routine incorporates a variety of layering strategies and techniques to diminish fine lines and wrinkles, fade pigmentation and age spots, firm skin, minimise uneven skin tone and manage breakouts.

A few extra minutes every day spent with your skin rejuvenation products will turn a basic skincare routine into a serious skincare routine that will comprehensively address an array of skin issues – particularly needed after a long-hot summer of excess.

REPAIR AND RESTORE

MOISTURISERS, SERUMS AND PROTECTANTS

Give your skin the fuel it needs to ignite and sustain the rejuvenation process. Look for products containing hyaluronic acid (HA), antioxidants, vitamin complexes, alpha hydroxy acids (AHAs) and peptides to really deliver results and reduce signs of ageing.

Hyaluronic acid (also found naturally in the skin) is a standout ingredient in many anti-ageing products due to its ability to attract and bind water, locking moisture into the skin and binding collagen with elastin, the building blocks of smooth, plump skin.

Antioxidants help protect skin by combating free radicals, which attack healthy skin cells and collagen, resulting in lines and wrinkles, uneven skin tone and sensitivity.

Topical vitamins play a huge part in protecting and repairing skin. Vitamin C, for example, is an antioxidant that works to prevent free radical damage and help reinforce the skin's own defences and prevent long-term damage.

beauty & spa



Repair and restore (continued)

Arguably the most potent topical is retinol, a derivative of Vitamin A (retinoic acid), which is widely touted as “the” anti-ageing solution. Retinoids encourage better cell function and turnover, stimulating the dermis and helping to boost collagen and elastin production and improve fine lines and wrinkles, skin texture, skin tone and colour, and hydration levels.

Alpha hydroxy acids (glycolic, lactic, tartaric and citric acids) work by removing the top layers of dead skin cells. They can also increase the thickness of deeper layers of skin, promoting a firmer and smoother complexion.

Peptides are known for their rejuvenation and repair properties, such as copper or hexapeptides, so they come highly recommended.

Some active skincare, particularly retinoids and AHAs may initially induce mild irritation, so it is best to build up gradually as your skin gets used to treatment. You should always wear sunscreen each day, and particularly so when using retinol and AHAs.

Find a different skin rejuvenating moisturiser for day and for night that work well in synergy. And don't forget to moisturise your neck and décolleté as well – this area is one of the first to show signs of sun damage and age.

OUR PICKS

- 1. Aspect** Hydrating Serum, \$124 30ml, **2. Aspect** Dr Hyaluronic Serum, \$124 for 30ml, **3. Clinique** Smart Treatment Oil, \$80 for 30ml, **4. Dr Spiller** Vitamin Skin Function Oil, \$79 for 250ml, **5. Essano** Certified Organic Rosehip Oil, \$34.99 for 45ml, **6. Kiehl's** Daily Reviving Concentrate, \$61 for 30ml, **7. Jean D'Arcel** SPF 15 Vital Day Cream, \$100, **8. Medik8** Glow Oil, \$89 for 30ml, **9. Medik8** White Balance Click Oxy-R, \$122.65 for 2 x 10ml bottle, **10. Medik8** Retinol 6 TR Advanced Night Serum, \$89 for 15ml, **11. Mesoestetic** Antiaging Flash Ampoules, \$106 for 10 x 2ml, **12. Obagi** Hydrate Luxe Moisture-Rich Cream, \$79.95, **13. Neek** Active Daily Moisturiser, \$49 for 50ml, **14. Neek** Wide Lovely Eyes Eye Serum, \$52 for 20ml, **15. Nude by Nature** Miracle Serum \$29.95 for 30ml, **16. Obagi** Professional-C Serum 15%, \$79.95 for 30ml, **17. Rodial** Dragon's Blood Hyaluronic Moisturiser, \$69.99 for 50ml, **18. PCA Skin** Anti-Redness Serum, \$99 for 29.5ml, **19. Sanctuary Spa** Wonder Oil Serum, \$32.99 for 30ml, **20. Sanctuary Spa** White Lily & Damask Rose Body Lotion, \$12.99 for 75ml, **21. Trilogy** Balancing Face Lotion, \$44.95 for 100ml, **22. Trilogy** Firming Body Lotion, \$25.95 for 150ml



OUR PICKS

1. Aspect Pigment Punch, \$124 for 30ml,
2. Colorescience Even Up, \$120 for 30ml,
3. SkinCeuticals Advanced Pigment Corrector, \$142 for 30ml,
4. Kiehl's Clearly Corrective Deep Moisture Clarifying Cream, \$65 for 50ml,
5. The Jojoba Company Natural Pigmentation Oil, \$39.95 for 30ml

SPOT REPAIR

PIGMENTATION AND AGE SPOTS

Hyperpigmentation, or the darkening of skin in localised areas such as the cheeks, forehead and around the eyes, is caused by the overproduction of melanin by melanocytes in the basal layer of the epidermis. It only takes small amounts of excess pigment to make skin lose its luminosity.

There are different triggers to hyperpigmentation, specifically hormonal changes such as pregnancy, sun damage and an inflammatory response following injury.

Pigmentation of all forms can lie unnoticed in the lower layers of the epidermis for years before appearing on the skin surface.

Pigmentation can be difficult to eradicate. Look for active skincare with star ingredients such as Vitamin A to normalise cell function, Vitamin C to protect DNA, and niacinamide (the active form of Vitamin B) to inhibit the synthesis of melanin and lighten existing pigmentation. Spot treatments are also available for ultra-targeted treatment.



EXFOLIANTS, PEELS AND MASKS

Removing the old skin cells that collect on the surface of the skin encourages the growth of new cells, revitalising your skin. When you exfoliate you remove dead surface cells that contribute to dryness and oil that can cause blocked pores and problems like acne.

You can choose to use a mechanical exfoliation method, which is a granular scrub style, or a chemical/enzyme exfoliant incorporating alpha hydroxy or beta hydroxy acid, or Vitamin A (retinol, tretinoin and retinyl palmitate). Scrubs treat the surface of the skin and help unclog pores, while exfoliants remove surface cell debris and leave skin fresher and looking brighter.

Skin peels are another way to more deeply achieve the removal of the older, outermost layer of skin, which stimulates new skin cell growth. Common types contain lactic acid and glycolic acid. Lactic acid is an alpha hydroxy acid that occurs naturally in our bodies and helps stimulate the production of collagen and elastin in the dermal layer. It is also a humectant, which attracts water molecules in the skin to the surface, giving a plumper appearance. A glycolic peel contains a higher potency of alpha hydroxy acid. Low-concentration lactic or glycolic peels are available as at-home treatments.

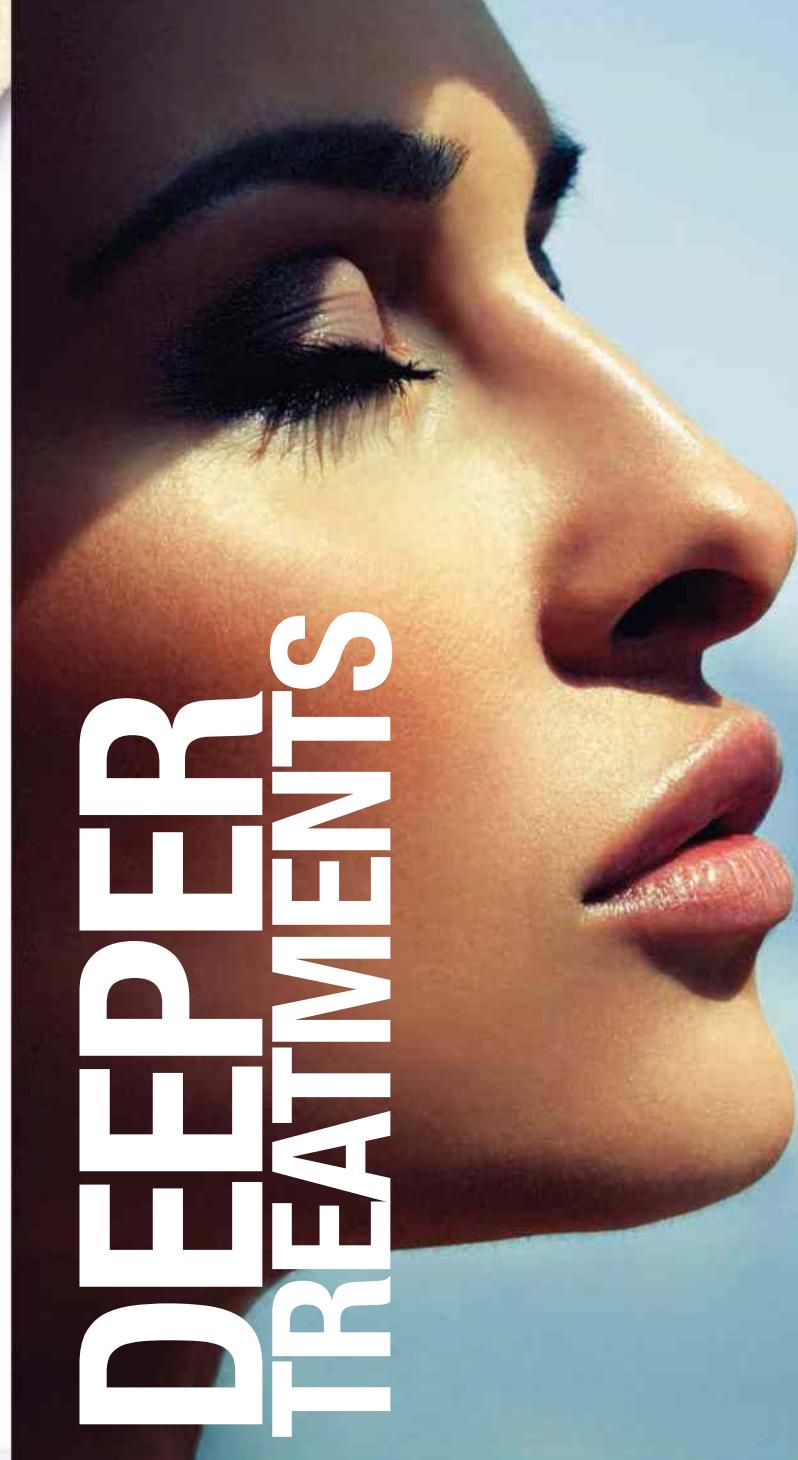
Using a facial mask can soothe and nourish skin, oxygenate, improve the circulation, help clear up blemishes and discolouration and even reduce the appearance of fine lines and wrinkles. The benefits of masks are often underestimated but they can give the complexion a real boost. Generally, they should be used weekly after exfoliating.

OUR PICKS

1. **Essano** Rosehip Gentle Facial Exfoliator, \$14.99,
2. **CosMedix** Rescue+ Balm and Mask, \$92.40, **3. Kiehl's** Skin Brightening Exfoliator, \$38, **4. Obagi** Exfoderm Forte, \$79.95, **5. Cedar and Stone** MASK, \$30, **6. Stem Organics** Perfect Complexion Masque, \$40



DEEPER TREATMENTS



MAINTAIN AND PROTECT AGAINST PHOTOAGEING

Stay safe in the sun *all year round* by slip, slop, slapping. Winter, spring, summer or autumn, if you don't wear sunscreen religiously each and every day you might as well abandon your rejuvenation plan because sun exposure undoes all the good. Choose a sunscreen with SPF 15 or greater with both UVA and UVB protection, possibly with an antioxidant action to fight free radical cells that result from sun exposure. Apply sunscreen every morning and periodically throughout the day.

OUR PICKS

- 1. Eminence** Bright Skin Moisturiser, \$102 for 60ml,
- 2. Jurlique** Sun Specialist SPF40 High Protection Cream PA+++ \$50 for 100mL,
- 3. Jurlique** Purely White Skin Brightening Day Cream SPF 30 PA+++, \$70 for 40ml,
- 4. Nude by Nature** Nude Oil \$19.95, for 60ml



SPECIALTY PRODUCTS FOR IRRITATED SKIN

Try products that contain soothing, skin conditioning ingredients. We suggest **1. Caroline's** Wash and **Caroline's** Cream, \$19.95 for 100g, for its effectiveness in the relief of symptoms in a range of dry and inflamed skin conditions. For inflamed, red skin we love **2. Paula's Choice** Clinical Advanced Redness Relief, \$26 for 118ml and **3. The Jojoba Company** Redness Reducing Balm, \$29.95 for 50ml, which help restore skin while reducing irritation.

For sunburn we recommend the soothing **4. Clinique** After Sun Rescue Balm with Aloe, \$39 for 150ml, **5. Jurlique** Sun Specialist After Sun Replenishing Moisturising Lotion, \$45 for 150ml and **6. Germaine de Capuccini** Icy Pleasure for \$73 for 200ml, **7. Kiehl's** Skin Rescuer, \$48 for 75ml **8. Sisley Paris** Sunleya Age-minimising After Sun Care, \$250



PACK IT UP

Tick all of the boxes in one and rejuvenate skin with a skincare pack. The **asap** Rejuvenate Pack, \$179 is ideal for pre and post treatment that actively helps to reduce the signs of ageing and promotes even, clear and radiant skin.



BOOST YOUR MENTAL HEALTH & WELL BEING IN 2016

While the bulk of our New Year's resolutions typically involve working out and losing weight, little focus is placed on improving mental health.



EAT HEALTHY

A healthy, balanced diet is not only beneficial for physical health but it also has benefits for mental wellbeing. While it can stave off a range of illnesses including heart disease, diabetes and cancer, a healthy diet assists in providing a range of nutrients for your brain to stay healthy and function well.

Following a Mediterranean-style diet, which incorporates high consumption of beans, nuts, cereals, seeds, plant-based foods and fruits have, in a 2012 study, been proven to be beneficial for mental well-being. The diet is also low in saturated fat and includes moderate consumption of fish, poultry and dairy and low consumption of meats and sugary foods.

Furthermore, a 2013 study of almost 11,000 middle-aged women found that those who followed a Mediterranean diet not only lived longer than control participants, but they also exhibited better cognitive function and mental health.

In September 2014 a UK study was published in *The BMJ Open* suggesting that eating five portions of fruits and vegetables a day is good for mental wellbeing. The research found that out of 14,000 adults, 35.5 percent of participants who ate five or more portions of fruits and vegetables a day had good mental wellbeing, compared with 6.8 percent of participants who ate less than one portion a day.

The study was led by Dr Saverio Stranges of the University of Warwick Medical School, who said, 'These novel findings suggest that fruit and vegetable intake may play a potential role as a driver, not just of physical, but also of mental wellbeing in the general population.'

There are a number of foods and drinks that have been associated with poor mental health. The high intake of alcohol has been linked to anxiety and depression, with mental health experts recommending limiting alcohol intake.

You have nothing if you don't have your health. According to the World Health Organisation (WHO): 'Mental health is an integral part to health; indeed, there is no health without mental health.'

But when was the last time you thought of improving your mental health?

Mental health refers to the state of our cognitive and/or emotional wellbeing – it's all about how you think, feel and behave. Mental health not only enables you to cope with the stresses of everyday life but it can also mean an absence of a mental disorder.

Your mental health can affect your daily life, relationships and even your physical health. A study from 2012 published in *The BMJ* found that individuals with poor mental health are at increased risk of death from cardiovascular disease and cancer. Other research has recently linked mental illness to a higher risk of heart disease and stroke.

Boost your wellbeing and stay mentally healthy by following a few steps, so you can be prepared to take on any challenges 2016 may throw at you.

REGULAR EXERCISE

Regular physical activity is an important key to help decrease depression and anxiety.

The Australian Department of Health recommends 150 to 300 minutes (2.5 to 5 hours) of moderate to intense physical activity or 75 to 150 minutes (1½ to 2½ hours) of vigorous intensity physical activity each week (for adults 18-64 years).

However, exercise doesn't mean you have to spend hours in the gym or engage in long sessions on the treadmill to reap the mental health benefits of exercise. Research has found that joining an outdoor walking group may not only improve your daily positive emotions but may also contribute a non-pharmacological approach to serious conditions such as depression.

GET MORE SLEEP

A lack of sleep can affect metabolism, reducing the rate at which we burn kilojoules. Chronic sleep deprivation has been linked to increased rates of obesity and diabetes, according to research at the UK's University of Warwick, which found that adults who get less than seven hours of sleep a night are twice as likely to become obese.

A 2014 study by researchers from the George Institute on Global Health in Australia, found that people who have less than 5 hours sleep a night might be at higher risk of mental illness. According to a study at the University of Michigan in the US, depression rates are 40 times higher for patients with insomnia and an extra hour of sleep does more for our happiness than a pay rise.

There are lots of things you can do to improve your chances of getting a good night's sleep. Going to bed and waking up at the same time every day (even at the weekends and during the holidays) as a routine can boost the body's sleep-wake cycle, promoting a better night's sleep.

Television, computers, tablets and phones all stimulate your brain, making it hard to relax, so it's recommended to switch them off in advance. It's also suggested to limit the intake of alcohol, caffeine and sugary foods in the evening.

A warm bath before bed or reading a book may help you fall into a bedtime ritual, which will tell the body that it's time to wind down.



MANAGE STRESS

Stress seems to be an inevitable part of adulthood that most of us will experience at some point in our lives. It's been proven that whether it's through work, relationships or money problems, stress can make the brain more susceptible to mental illness.

However, there are ways in which we can reduce or manage stress to promote a sense of mindfulness and relaxation. Yoga and meditation are known to have many stress-reducing benefits and have been found to reduce the risk of anxiety and depression in expectant mothers.

Above all, retaining a positive outlook during difficult times may also reduce stress. It could be as simple as smiling. The journal of *Psychological Science* published a study in 2012, which found that smiling during stressful periods could lower the body's stress response, regardless of whether a person is feeling happy or sad.

SNAPSHOT STATISTICS BEHIND MENTAL HEALTH

- In each year around one in five Australians will experience a mental illness
- One in seven Australians will experience depression in their lifetime
- About 4% of people will experience a major depressive episode in a 12-month period, with 5% of women and 3% of men affected
- Approximately 14% of Australians will be affected by an anxiety disorder in any 12-month period
- Women are more likely than men to seek help for anxiety disorders (18% compared with 11%) and mood disorders (7.1% compared with 5.3%)

*Mindframe and Blackdog statistics

FIND A HOBBY

While employment may cause stress, unemployment is linked with poor physical and mental health.

Being employed brings more than a way of earning a living; it provides a sense of identity and belonging, as well as offering structure to your life as you strive to meet goals.

According to the Mental Health Foundation, finding a hobby or taking up voluntary work may promote good mental health. Building relationships and having interaction with other people is rewarding and can significantly improve mental wellbeing.

Improving your mental health is a rewarding experience and should not be limited to a New Year resolution – changes can be made at any time of the year. They help you handle life's challenges and recover from setback, boosting your mood and building your resilience.

It's important to remember that seeking help is a sign of strength, not a weakness. Receiving appropriate care from a professional can help encourage us to do things we may not be able to do on our own. **csbm**



THE LUXE WAY TO BODY DETOX

ELIMINATE IMPURITIES AND SHRINK CENTIMETRES IN ONE SALON VISIT (RESULTS GUARANTEED). AIMÉE SURTENICH REPORTS.

When it comes to the perfect dress, any girl getting ready for her next party knows the difference between 'flattering' and 'fattening' can be a matter of centimetres.

The International Body Wrap, offered at Nicole's Beauty in Sydney's Double Bay, is your best friend for last minute centimetre blitzing, with a reduction of your total body circumference guaranteed after one visit. The best part? The treatment is free if you don't drop the minimum 15cm.

HOW DOES IT WORK?

The treatment involves being wrapped head to toe with bandages soaked in natural Dead Sea clay to cleanse and detoxify your body of impurities such as toxins and free radicals. Your body is first measured and marked up so that centimetre loss can be calculated after the treatment, and a vinyl suit is worn once the bandages have been applied for warmth and comfort.

Historically known for its cleansing and detoxification qualities, the clay is used to draw toxins out of the body. As the clay particles become hydrated, they expand and are able to absorb many times their own weight in body toxins. After the hour-long treatment not only is your skin softer, firmer and more toned but the skin tissue is also

compressed and the soft fatty tissues are compacted, resulting in reduction of your body circumference.

The solution acts as a magnet for many toxic elements present in the body such as free radicals. Like a giant poultice, it draws out toxins and impurities from your body while cleansing your skin to leave it feeling softer and smoother.

The result? Your body is significantly smaller, trimmer and toned-looking, all without the aid of a personal trainer. And if you're thinking your more svelte and sexy shape is due to water loss, think again – the centimetres lost are not a result of water loss.

Results should last at least 30 days – and up to 12 months if you maintain a healthy lifestyle and don't put on any weight.

But the benefits don't stop there. The wrap helps to improve circulation, skin texture and does wonders for an all-over confidence boost. You'll feel like you're walking on air! **csbm**

WHERE DO I GET IT?

Head to Nicole's Beauty Salon in Double Bay, Sydney for the International Body Wrap and other rejuvenating treatments. Call 0410 627 767 or visit www.nicolesbeautysalon.com.au

nicoles

BEAUTY SALON



LOSE 15CM AND KEEP IT OFF!

Nicole's Beauty Salon offers only the very best treatments available, including the International Body Wrap which improves the appearance of cellulite, stretch marks and scar tissue and is guaranteed to take 15 centimetres off your entire body size - or your money back!

With highly trained aestheticians and stunning surroundings, any treatment you have at Nicole's Beauty Salon will be a luxurious experience you'll long for time and time again.

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BEAUTY SALON
www.nicolesbeautysalon.com.au

LIFE IN THE SLOW LANE

IT SEEMS COUNTER-INTUITIVE BUT WHAT IF SLOWING DOWN IS WHAT YOU NEED TO LIVEN UP YOUR LIFE? CAITLIN BISHOP REPORTS.

The idea of de-cluttering your life, taking some 'me time' or scheduling 20 minutes a day for meditation may seem idealistic, unachievable or even unnecessary. However, 'slowing down' can work wonders in boosting your health and improving your productivity, mood and quality of life. It can even make you look younger.

A SOCIAL TREND

While Gen Y-ers are busy embracing the trend of 'slowing down for wellness', taking time out isn't so prevalent in those who, after decades of hard work, have adopted the habit of being busy out of necessity. According to the Australian Institute of Family Studies, people in their 20s and 30s are commonly investing in additional university courses for enjoyment, health coaching for insight and embracing a more balanced existence, where travel and leisure is afforded by, in part, a later age for marriage and child-rearing than ever before. Those born just one or two decades earlier, however, have seemingly missed out on this preoccupation with balance, and need encouragement when it comes to switching off and slowing down.

HEALTH BENEFITS

Taking the time to slow down at any age can be beneficial to your health, both physically and mentally. Using meditation as an example, Elizabeth Monk-Turner of the Old Dominion

University, Virginia, found meditation benefited the individual in a number of ways. After a 14-week meditation program, she found study participants did not react as negatively to the criticism of others and took fewer stimulants or relaxants to change their mood. Similarly, a study by Li-Chuan Chu found people with greater meditation experience exhibited higher emotional intelligence and less perceived stress or negative health.

Slowing down, however, doesn't have to involve ritualistic meditation or yoga. It might simply be taking 'time out' to direct your thoughts from your responsibilities and focus them within. A study by Christopher Long and James Averill in the *Journal For The Theory of Social Behaviour* found time alone, or in solitude, is generally a positive experience, resulting in benefits such as 'freedom, creativity, intimacy and spirituality'.

SUSTAINED STRESS

If the benefits of downtime are not convincing enough, the detriments of sustained stress may clarify just how important this internal form of escapism really is. Depression, high blood pressure, a weakening of the immune system and metabolic imbalances are all potentially linked to leading a stress-fuelled life.

According to researchers George Chrousos and Philip Gold, excessive and sustained cortisol secretion, which is the hormone associated with stress, could affect important

RELAX INTO REIKI

Developed in 1922 by Japanese Buddhist Mikao Usui, reiki is a spiritual, healing practice. Conceptualised around the idea of improving both body and soul, reiki calls upon universal energy and internal peacefulness to invite happiness into everyday life.

Part of this process involves slowing down and tuning into the present. By using regular meditation and the five principles for 'today', reiki allows followers to make the most of the moment and keep both body and mind healthy.

While reiki is not for everyone, its principles are often incorporated into holistic, life-coaching programs.

physiological functions. The researchers suggest lifestyle changes should be incorporated into the treatment of both emotional disorders and organic diseases, simply stating, 'a healthy mind will define a healthy body, and vice versa.'

Whether it means cutting your work hours, changing your perspective, considering retiring or simply scheduling time for yourself, slowing down takes confidence. It might take trust in your ability to deal with a changed income and will mean rewiring your brain to stop dwelling on those million things awaiting your attention. It lessens the power of that phrase, 'I'm so stressed', and may require effort in reconnecting with your spouse, or even yourself, in spending time together as opposed to in the office.

CHALLENGING THE CULT OF SPEED

There are several 'slowness' pioneers who advocate the importance of slowing down and who believe it will ultimately result in the exact opposite of slowness, helping to boost productivity, quality of life and general wellbeing.

An advocate of the 'slow movement', author of several books including *In Praise of Slowness* and *The Slow Fix*, Carl Honoré is tired of racing against the clock. Defining slowness as a mindset, Honoré believes too many people are living in fast-forward, dictating their lives according to the principles of speed and quantity.

Once a 'time-slave' himself, Honoré decided to lose his watch and shift his mentality. Now, by approaching tasks

aiming for quality as opposed to quantity, Honoré says embracing slowness has enhanced, rather than detracted from, his productivity. In fact, Honoré believes that by wholeheartedly dedicating each moment to a particular task, without consulting the clock, it is easier to prosper in this fast-paced world.

To establish this slowness mindset, Honoré encourages people to resist over-scheduling their timetable, to indulge in some time-out, away from technology and work commitments, and to tune into, rather than rush, the real pace of all things – from sex and exercise to work and education.

5 STEPS TO SLOWING DOWN

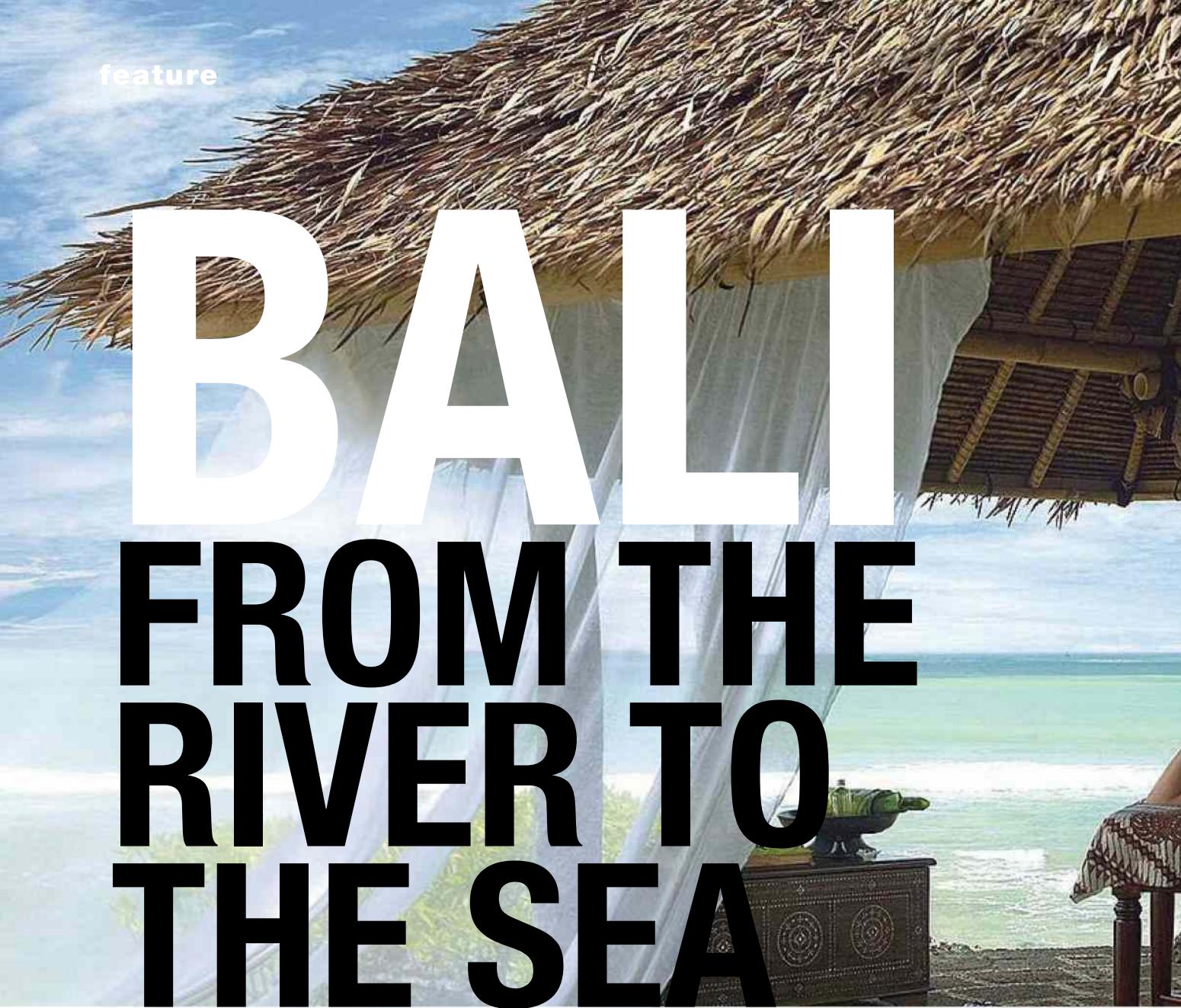
Renowned for his book *Wrecked*, which delves into 'living the life we are afraid to live', slowness pioneer Jeff Goins urges readers to live in the present, stop wishing for the future and make the most of the 'in-between moments'. Reading offline, eating slowly and scheduling time for silence are all tips in achieving a more 'connected' life. Interestingly, Goins also recommends taking walks, as opposed to using only high-intensity exercise, to de-stress and slow the mind.

Indeed, it seems 'slow' exercise, like walking, yoga or pilates, can afford the same benefits as regular exercise alongside the luxury of slowing down. Understandably, for those working in a stressful career, managing responsibilities or supporting a family, the temptation to channel this stress using high-intensity exercise often outweighs the allure of something a little slower, which might appear to offer less value for precious time. Yet researchers speculate slowing down in exercise can afford equal or improved mental and physical results.

A US study into the comparison of the health benefits of yoga and more-intense exercise found yoga 'may be as effective or better than exercise at improving a variety of health related outcome measures'. Meaning, for those too busy to schedule time for silence or 'time-out', replacing one exercise session each week with a yoga or pilates class might give your mind the boost it needs while also staving off the kilograms.

Slowing down is more a mindset than anything else. It involves training the mind to tackle each moment with total dedication. It demands time and effort in relaxing and clearing the mind to establish a healthier outlook, and means accepting the need to de-stress and unwind, for the sake of both mind and body.

Honoré believes it increases productivity, Goins advocates slowness as a 'life-changing' concept and several researchers have found the benefits of slowing down extend to improve both physiological and psychological wellbeing, propagating an internal sense of serenity. **csbm**



BALI FROM THE RIVER TO THE SEA

INDULGE YOURSELF BY STAYING AT THE FOUR SEASONS RESORTS IN BALI FOR A RELAXING AND UNFORGETTABLE HOLIDAY.

Island of Gods, Morning of The World, Island of Peace or Island of a Thousand Temples – no matter what nickname you know Bali by, it's a magical place of sights and sounds, architecture and art, traditions and innovations. For Australians, it's an easy flight at a reasonable cost, and if you're looking for a standout experience, the Four Seasons Resorts are your best option.

Bali is known for its forested volcanic mountains, iconic rice paddies, beaches and seafood. It's a place where you

can pamper yourself with massages and facials and also relax with yoga and meditation.

There is a spiritual feel in Bali and the women religiously begin their day with prayers at their homes, in their local shops or in a temple. At the crack of dawn, they splash a bucket of water in their front porch so that it's clean for the day's comings and goings.

Everywhere you go, you can smell the lit incense amongst the bunches of plumeria and various colours of frangipani that are arranged on intricately square-shaped palm leaves pinned together with bamboo sticks like a basket, called the *Canang Sari*. The decorated basket is kept in every nook and corner of Bali. The different colours of flowers in this palm tray symbolizes a Hindu God. Sometimes the offering includes betel nuts, lime and even tobacco. The Balinese offering known as *Banten* is a form of dedication to God as a thank you note as well as a message to the demons – not as a prayer but as a request to stay away.



FOUR SEASONS JIMBARAN BAY

When you enter the grounds of the Four Seasons Resort at Jimbaran, perched high on the cliffs looking down onto the long expanse of sandy beach, you know you have something special to look forward to.

The lush gardens contain more than 200 indigenous plant species and a Garden Tour is just one of the many activities offered every day, ranging from yoga and meditation to cooking and tennis.

The rooms are traditional Balinese style and all have a private plunge pool and sitting area. In January the resort unveiled its fully-renovated Premier Villas and Deluxe Villas, enriching the sense of place and sanctuary that has guests feeling 'at home in Bali'.

There is a separate facility adjacent to the resort called Coconut Grove, which is a hive of activity and offers a range of watersports and surfing.

The Sundara Beach Club and restaurant is the jewel of the resort and by day is a stylish Beach Club with a 57m infinity edge pool, the longest pool in Bali.

Sundara's cocktail bar is one of the best bars in Bali and serves innovative cocktails not often seen elsewhere, created in partnership with Barcelona cocktail master Javier de las Muelas of DRY Martini. Visitors flock from all over the island to enjoy the flamboyant sunsets seen from this lounge, often with live singers in the background. The dinner menu at the restaurant presents Asian inspired cuisine and it can be served as individual portions or for sharing.

The signature Sundara Sunday brunch gives you family-style flexibility and grazing options which are perfect for a lazy Sunday. Don't miss this experience as it will really be a highlight of your visit.

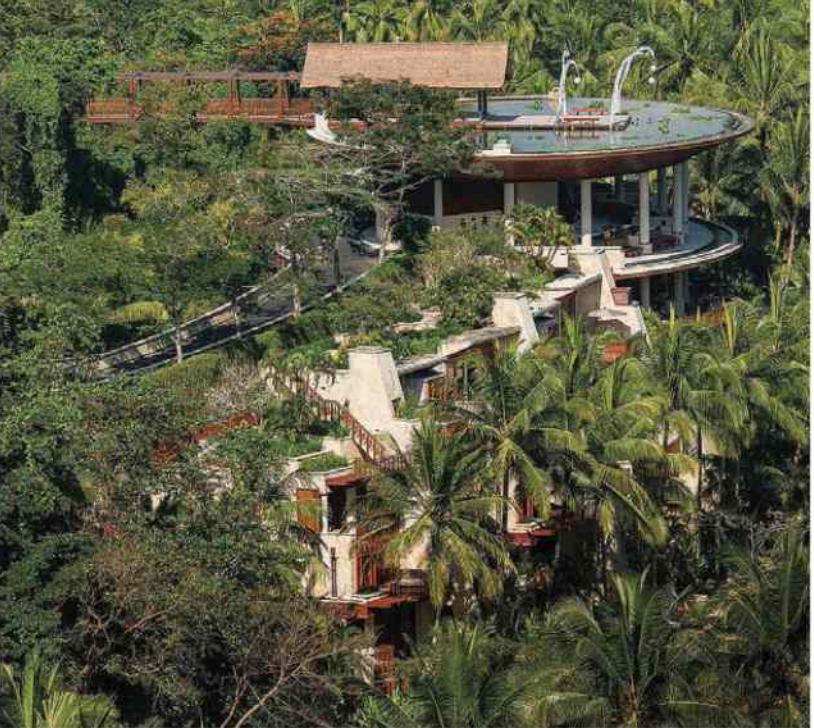
FOUR SEASONS SAYAN, UBUD

The town of Ubud, in the uplands of Bali, is known as a centre for traditional crafts and dance, and the countryside is breathtakingly beautiful with a sense of peace that is not replicated anywhere else in the world. The more modern Four Seasons Resort at Sayan is nestled beside the Ayung River, and is 2.4km from the Blanco Renaissance Museum, 7km from the premier shops of Ubud and 9km from the ancient carvings of the Goa Gajah cave.

The elegant villas and suites, many with private plunge pools, are a mix of modernity and tradition. There's a five-star spa and fitness centre, with hot and cold jacuzzis built right over the frenetic stream of water that also carries many whitewater rafters past. There is also a new yoga platform built in a rice field overlooking the same river flowing past. Early morning yoga was a must and a great way to start the day feeling relaxed.

Other activities offered daily include cooking classes, painting classes, cycling trips and walks through the neighbouring villages and rice fields. The Sayan Signature Experiences are designed to enable you to embrace the spirit of Bali by offering an insight into local life and culture.

The resort pool has its own restaurant, Riverside Café, which undergoes a metamorphosis from casual lunch with a wood-fired pizza oven to elegant dining with a European flavour. The Ayung Terrace restaurant has a more traditional Indonesian menu and also hosts a Balinese dance performance by a traditional dance troupe. My recommendation is to combine both resorts for a complete taste of the Island of the Gods.





THE ELEGANT VILLAS AND SUITES, MANY WITH PRIVATE PLUNGE POOLS, ARE A MIX OF MODERNITY AND TRADITION



TRAVEL PRETTY



DON'T ARRIVE AT
YOUR DESTINATION
HOT AND BOthered!
DISCOVER THE
SECRET OF LOOKING
GREAT ON THE FLY.
ERIN DOCHERTY
REPORTS.





Whether you're escaping the city for a couple of days or jetsetting for a few weeks, there is no need to say bon voyage to looking your best! Travel light and breathe easy knowing you have all your makeup essentials, with our handy guide.

It can often be a struggle to decide what makeup to bring when you're holidaying. There is always that impending sense of "what if..."? You then usually find yourself packing three fake tans, eight lipsticks and 13 eyeshadows, including that metallic jade one you have never worn, but might try out, maybe.

Getting too creative can add those much-needed kilos to your luggage. It's time to minimise and be practical with your travel makeup. Start with the basics and build your essential beauty bag from there. Avoid any suitcase dramas of smashed fragrance bottles and opt for small sample-sized fragrances, or travel bottles instead.

Ditch single eye colours and limit yourself to one compact palette which are versatile and can be used to create a number of looks (the eyeshadows can even work as brow enhancers). A simple palette with at least three colours will allow you to mix shades. This will let you have the option to pull off a natural or glam look anytime and anywhere around the globe. Let your location inspire you!

EUROPE BOUND

Undoubtedly one of the world's most loved travel destinations, Europe is uniquely iconic and infamously cool – so make sure your look is spot on. Whether you're sipping a coffee in Italy or off to visit the Eiffel Tower in Paris, a bold red lip and a classic, luxurious and seductive scent should be part of your staple essentials.

Accompany the look with liquid foundation (empty some into travel sized pots), and a mineral powder, and prepare to fall in love with the scenic beauty that is Europe.

OUR PICKS

1. **Bobbi Brown** Highlighting Powder, \$80, 2. **MUSQ** Yellow Corrector, \$39, 3. **Rodial** Dragon's Blood Cleansing Water, \$49.99,
4. **Sisley Paris** Express Flower Gel Mask, \$150, 5. **Nude by Nature** Soft Focus Illuminator \$22.95, 6. **Nude by Nature** Pressed Eye Shadow Palettes, \$24.95,
7. **ModelRock** Lippgloss in Major Betsy, \$23, 8. **Napoleon Perdis** The Ultimate Contour Palette, \$65,
9. **Napoleon Perdis** Nude U Eyes, Cheeks and Brows Palette, \$79





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TROPICAL TRAVEL

Sun, sand and crystal blue waters of the warmer destinations call for waterproof mascara and eye makeup (travel-sized if you can tear yourself away from your everyday tube!), coral and bronze makeup shades and light topical fragrances.

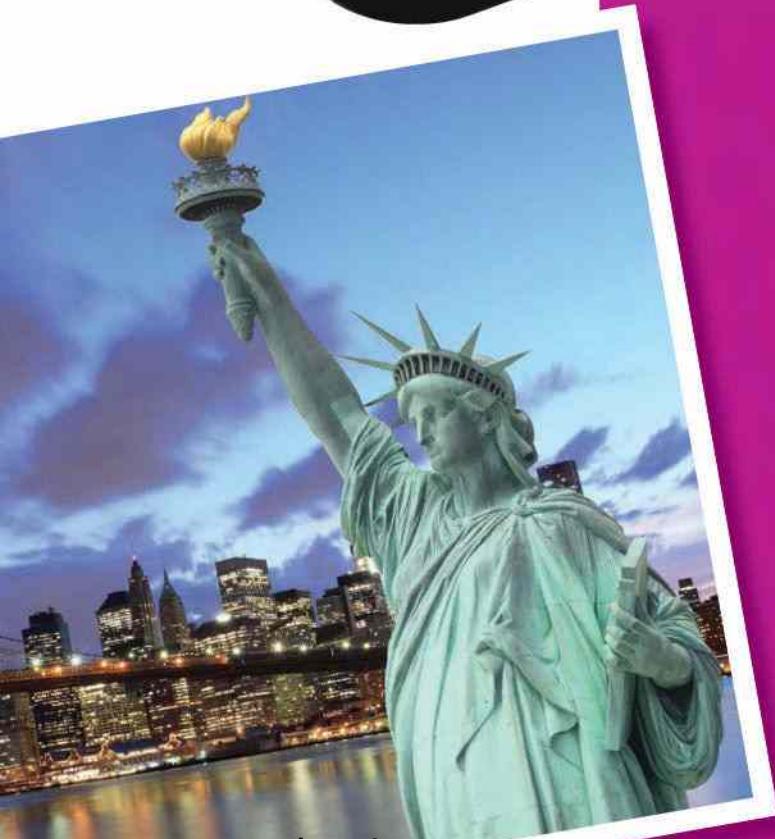
It's a good idea to pack some powder, as regular foundation may not be the best to wear in the heat and humidity of the beach (no one wants their face running down their neck!). Cleansing wipes, tinted moisturiser with sunscreen, lip balm with SPF and Aloe Vera are all essentials.

Pro tip: protect compacts from breakage and spillage by stuffing a cotton ball between the mirror and powder.

OUR PICKS

1. **Bobbi Brown** Extra Lip Tint, \$52,
2. **Batiste** Dry Shampoo Tropical, \$4.95 for 50ml,
3. **Paula's Choice** Resist Hyaluronic Acid Booster, \$69 for 20ml,
4. **Sisley Paris** Floral Spray Mist, \$110,
5. **Napoleon Perdis** Auto Pilot Hydrating Milk Cleanser, \$69,
6. **Paula's Choice** Blush It On Contour Palette, \$55,
7. **Colorescience** Beauty on the Go Palette, \$49.





NEW YORKER

From Wall Street's soaring skyscrapers and Central Park's green oasis to the hustle and bustle of Times Square, New York City beats with an irresistible energy. And so must you! Ooze stylish chic with simple monochrome eyeshadow, and texturizing hair spray.

OUR PICKS

1. **Bobbi Brown** Creamy Concealer Kit, \$52.00
2. **Napoleon Perdis** Light Switch Luminizer Palette, \$70
3. **Clinique** Pretty Easy Eye Palette, \$90
4. **ModelRock** Coco Lava, \$23
5. **Sisley Paris** Express Flower Gel Mask, \$150.00
6. **Synergie Minerals** HydroSpritz, \$35 for 50ml

Most importantly, remember you are on holiday, so relax, have fun and play around with your look! It's more than likely that you will probably never see these people again, so don't get too caught up in looking glam 24/7!

WHAT TO TAKE ON THE PLANE

How do you keep your skin glowing despite the arid environment of an airplane? An emergency kit is a must to battle all the in-flight elements. Pack a refreshing face mist, makeup wipes, cleanser, moisturiser and lip balm. Bring on a travel pot of concealer to mask tired eyes or dull skin for when you descend.

Look for a cosmetics case roomy enough to fit all your staple essentials. One with a structured shape (so that it's easy enough to smoosh into your suitcase or carry on) and a protective casing inside will prevent liquids from leaking.



1. **asap** Platinum Collection, \$225, **2.** **L'Oréal** Revitalift Day Cream, \$32.95 for 50ml, **3.** **Aspect** Hydrating Lip Balm, \$16, **4.** **Dove** Original anti-perspirant deodorant, \$3.89, **5.** **Clinique** Moisture Surge Overnight Mask (mini), \$47, **6.** **Jurlique** Rose Love Balm \$16 for 15ml, **7.** **Jurlique** Citrus Hand Cream, \$29 for 40ml **8.** **Kiehl's** Lipbalm #1, \$12 for 15ml, **9.** **Kiehl's** Ultra Facial Skin Rescuer, \$48 for 75ml, **10.** **Medik8** Gentle Cleanse, \$13.90 for 40ml, **11.** **M.A.C** Wipes, \$28, **12.** **Maybelline NY** Baby Lips Loves Color Lip Balm, \$3.95, **13.** **Napoleon Perdis** Auto Pilot Moisture Mist, \$25 for 45ml, **14.** **Napoleon Perdis** Auto Pilot Lip Service, \$28 for 12.5ml, **15.** **Jurlique** Rosewater Balancing Mist, \$35 for 50ml, **16.** **Jurlique** Moisturising Hand Sanitiser, \$10 for 50ml, **17.** **Nude by Nature** Travel Brush 10, \$19.95, **18.** **QVS** Cosmetic Travel Bottles 50-100ml, from \$4.19, **19.** **Trilogy** Rosehip Oil Lip Balm, \$17.95 for 7ml, **20.** **Trilogy** Rosehip Collection, \$34.95, **21.** For an ideal skincare travel pack we suggest the **asap** Essential 6 Pack +, \$119 (5 x 50 ml, 1x 10ml), which is packed full of everything you could ever need for skincare, presented in a stylish cosmetic bag.



21.



16.

15.



18.



17.



19.



20.



TAME YOUR MANE WITH THE DIY STYLER



**REVEL IN THE GLORY OF
BEAUTIFUL, HEALTHY,
SALON-STYLED HAIR
EVERYDAY WITH THE
WORLD'S FIRST 4-IN-1
HAIR STYLING DEVICE.**

There's nothing better than a salon blowdry and straighten – but, for a style that seems so easily done in-salon, the same look can become near impossible to achieve at home. Not any longer.

Joseph Mourad is an established and celebrity-renowned hairdresser in Sydney's Double Bay. Now, he's released a game-changing invention after 10 years in development – the first and only hairdryer and styler combined.

The frustration associated with DIY styling comes down to coordination, Mourad believes. The secret behind that fresh-from-the-salon look is the ability to move seamlessly between a blowdryer, brush, straightener and curler. The answer? Mourad has combined these four tools into one device.

With hot plates for straightening, hot air vents for blowdrying and attachable brush bristles, Mourad's system dries hair, adds volume and straightens for a smooth, slick finish or curls for beautiful flowing waves.

Most importantly, it's fast. Mourad's device can transform your look in only minutes, whether you're after slick and straight shine, soft waves and body, or large, flowing curls.

The blowdryer, brush and straightener can be used as a combined system, or separately as a stand-alone blowdryer or straightener. In short, this is an all-in-one solution to DIY styling. Mourad's invention brings professional styling home with you; it's easy to use and achieves fast, runway-ready results. **csbm**

ABOUT THE INVENTOR

Joseph Mourad is renowned for his quality "I can't believe they're not real" hair extensions. His salon in Sydney's Double Bay, *Joseph Mourad Hair & Beauty*, is the hot spot for premium quality human hair extensions, each applied with expert precision and care by Mourad himself.

With the likes of Miranda Kerr, Mya and Mel B on his client list, Mourad knows how to turn hair

from drab to fab. With more than 30 years' experience in the hairdressing industry, his skills are highly sought after – and now with his new 4-in-1 styler, everyone can get that straight-from-the-salon blowdry look everyday.

To get your hands on this revolutionary DIY styler, call 02 9328 2277 or www.josephmourad.com.au

TOUCHING BASE



CHOOSING THE
RIGHT FOUNDATION
IS POSSIBLY THE
MOST DAUNTING
BEAUTY ACTIVITY
EVER. BUT, FEAR
NOT! THE BELLA
TEAM HAS HELPED
NARROW IT DOWN,
SO YOU CAN FIND
THE PERFECT
FOUNDATION FIT.

It's the canvas of every beauty look and the go-to confidence booster when our skin has decided to go haywire: foundation. But, as with all other beauty products, there are a million and one different foundation options on the market and it can get just a wee bit confusing for a gal.

Besides finding a foundation that matches your skin colour, you need to find one that is best for your skin type. Knowing your skin type and your desired level of coverage will be the key to finding your perfect match.

Foundation comes in a variety of forms, with the four main types being liquid, cream, stick and powder. The right foundation can even out your skin tone, give you a healthy complexion and conceal flaws and pigmentation. With each type comes a different finish and level of coverage.

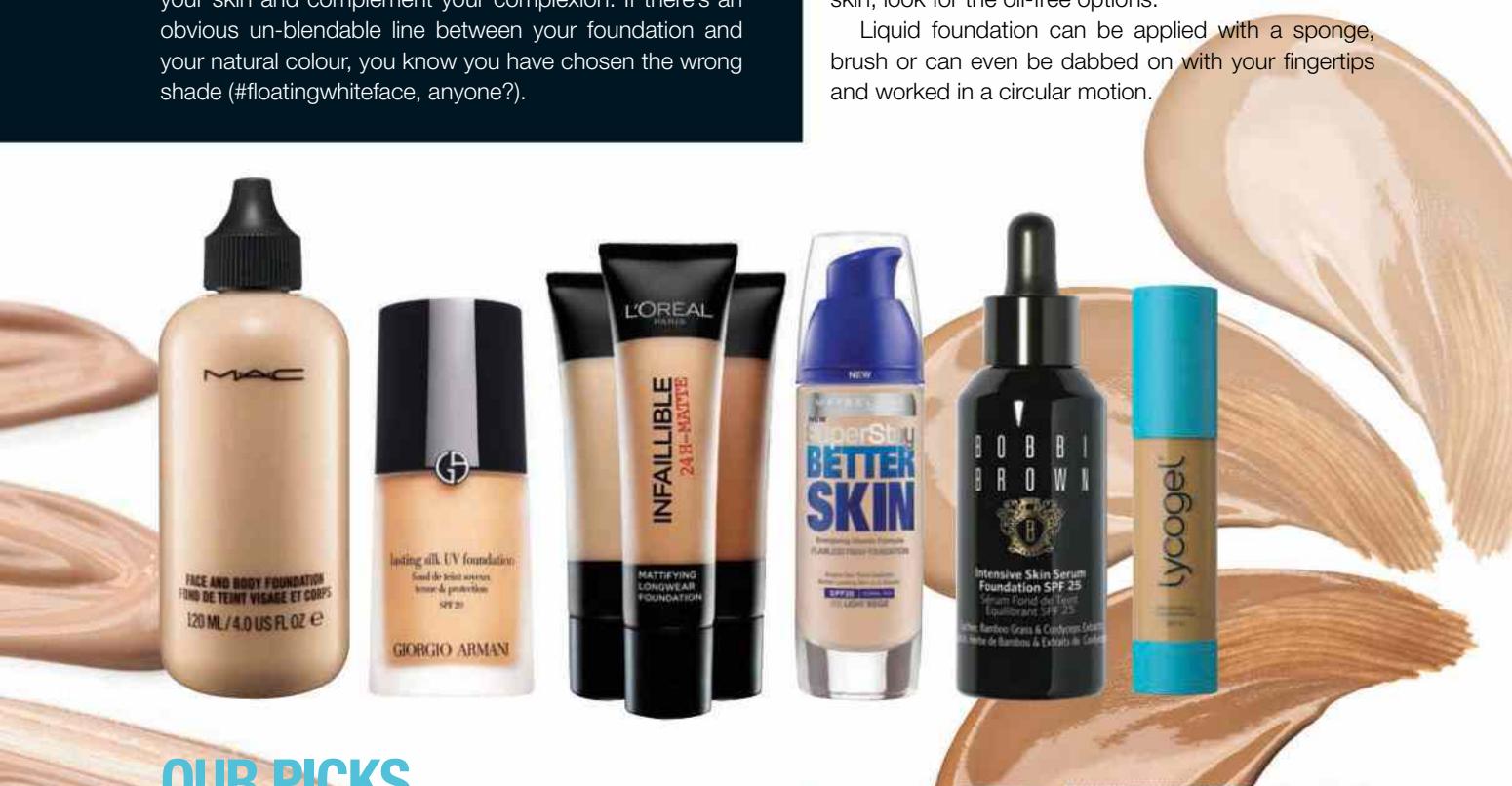
The correct shade of foundation will mesh well with your skin and complement your complexion. If there's an obvious un-blendable line between your foundation and your natural colour, you know you have chosen the wrong shade (#floatingwhiteface, anyone?).

LIQUID

Hailed as the most popular type of foundation due to its ability to provide sheer coverage and an au natural look, a liquid foundation is easy to apply and fits like a 'second skin'.

The coverage has different levels and can vary from light to heavy. Liquid foundation is also usually suited for both dry skin and combination skin. If you have oily skin, look for the oil-free options.

Liquid foundation can be applied with a sponge, brush or can even be dabbed on with your fingertips and worked in a circular motion.



OUR PICKS

- M.A.C** Face and Body Foundation, \$60,
- Giorgio Armani** Luminous Silk Foundation SPF 20, \$92,
- L'Oréal Paris** Infallible 24hr Matte \$29.95,
- Maybelline New York** SuperStay Better Skin, \$21.95,
- Bobbi Brown** Intensive Skin Serum Foundation SPF 25, \$85,
- Lycogel** Breathable Camouflage, \$98,
- Napoleon Perdis** Stroke of Genius Foundation, \$65,
- Nude by Nature** Liquid Mineral Foundation, \$39.95,
- Paula's Choice** Best Face Forward Foundation, \$30,
- Sisley Paris** Phyto Teint Expert, \$150



CREAM

A heavier base, cream is renowned for providing good coverage and is the number-one choice for makeup artists (it must be doing something right!). Due to its thick texture, which provides a creamy and flawless finish, it's great to wear on a night out.

There are many specialised versions on the market for different skin types, including oil-based and 24-hour long-wearing coverage. It works great on dry skin, however it's best to avoid cream if you have oily skin – no one has time for high-shine!

Cream foundation usually comes in a compact case and can be applied with a sponge.

OUR PICK

Synergie Minerals Mineral Whip, \$79



STICK

A duo gem, stick foundation can also be used as a concealer. The coverage tends to be heavier, making stick foundations perfect for covering up those niggling blemishes and imperfections! As well as wearing the hero cape for bad skin, the heavier coverage can also cover up scars, redness and dark under-eye circles. Bonus!

Stick foundation is usually small and portable, meaning no risk of a messy purse. Because of the heavier consistency, stick foundations may not be suitable for everyday use if you're prone to blemishes.

This formula is best for normal to oily skin. However if you have dry skin, make sure to apply a bit of moisturiser first to avoid that 'cakey' look.

OUR PICK

Clinique Chubby in the Nude, \$50



IT'S A CRIME NOT TO PRIME!

It's one of the most powerful tools for filling in fine lines as well as smoothing out complexions to create a flawless face. We're talking prime time! Napoleon Perdis Auto Pilot Radiance Boosting Primer, \$55 for 25ml creates the perfect canvas for foundation application.

POWDER

A great on-the-go foundation, powder truly is a touch-up hero. Lightweight and non-clogging, powder applies evenly and blends easily to achieve a radiant, natural looking complexion.

Mineral powder is becoming a very popular alternative and is a great bet for people with sensitive skin or allergies. Powder is suitable for those with oily skin, however be cautious not to apply it too frequently so as to avoid drying out your skin.

Powder comes in compact form (usually with a handy little mirror) and is best applied using a big ol' fluffy brush.

OUR PICKS:

1. **Asap** Pure Mineral Make-Up, \$45
2. **Colorscience** Pressed Mineral Foundation, \$55
3. **Colorscience** Loose Mineral Foundation, \$62
4. **MUSQ** Loose Powder Foundation, \$55
5. **Nude by Nature** Natural Mineral Cover, \$39.95



NAIL ING IT

THE BELLA BEAUTY SQUAD
HAVE HIT THE NAIL ON
THE HEAD, BRINGING
YOU THE BEST IN
MANICURE GOODIES.
ERIN DOCHERTY REPORTS.

Our nails can say a lot about our beauty habits. As most women will tell you, diamonds are a girl's best friend – complemented by a perfectly manicured nail. Keep nails groomed and gorgeous; whether it be bright and cheeky, dark and mysterious or sheer and simple, a dash of colour to the end of your digits should match your personal style.

SUMMER SPLASH OUR PICKS

1. **Crabtree & Evelyn** in Lilac, \$10
2. **Crabtree & Evelyn** in Mint, \$10
3. **Crabtree & Evelyn** in Poppy, \$10
4. **Crabtree & Evelyn** in Azalea, \$10
5. **The Nail Lab** in Polly, \$15
6. **The Nail Lab** in Ethan, \$15
7. **The Nail Lab** Polish in Oli, \$15
8. **Essie** Private Weekend, \$16.95
9. **Essie** in Chillato, \$16.95
10. **Essie** in Peach Side Babe, \$16.95
11. **Essie** in Sunset Sneaks, \$16.95
12. **Essie** in Saltwater Happy, \$16.95
13. **Essie** in Pret-a-Surfer, \$16.95



PLUNGE INTO GRUNGE OUR PICKS

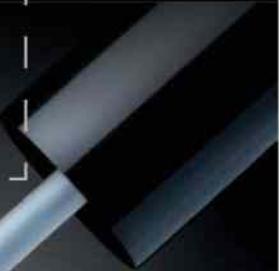
1. **The Nail Lab** in Derek, \$15
2. **Essie** in Wicked, \$16.95
3. **Essie** in Licorice, \$16.95
4. **Essie** in Bahama Mama, \$16.95

TOP TIPS FOR STRONG NAILS

- Never seesaw with a file on the natural nail. This will encourage splitting and chipping of the nail plate, upsetting the nail-plate layers. It's also important to file your nails when they are dry, not after you have just had a shower or washed your hands.
- Try not to use nail polish remover too often.
- Dark polishes can discolour nails, so you should always wear a base coat under them and never leave the colour on for more than a week.
- Avoid household cleaners and put gloves on when dealing with harsh chemicals.
- Hand lotion is your friend! Keep hands and cuticles moisturised to restore damaged nails and increase blood circulation.
- In rare cases brittle nails can be caused by protein or vitamin deficiencies. Hair, skin and nail vitamins are good for strengthening brittle nails and reducing breaking or splitting.

**NAKED
NAILS**
OUR PICK

The Nail Lab Nail Polish
in Hudson, \$15



BREAKING BAD

ARE YOUR NAILS BRITTLE AND PRONE TO PEELING AND SPLITTING? WE'VE GOT YOUR BACK!

Breaking nails can be a frustrating problem, especially when the rest have to be filed down to match the height of the instigator! Not cool. But the right product can set you back on track to drawing attention to those top shape tips.

OUR PICKS

1. **QVS** Essential Grooming Kit, \$10.99
2. **UBU** Nicely Nailed Kit, \$4.50
3. **UBU** Manic Mani Kit, \$4
4. **Bio-Oil**, \$14.95 for 60ml
5. **Essie** Help Me Grow, \$17.95
6. **Essie** Apricot Cuticle Oil, \$17.95
7. **The Nail Lab** Hydrate, \$15.00
8. **Essie** Millionails, \$17.95





Sanctuary Spa
Green Lemon &
Orange Blossom
Body Butter,
\$14.99 for 300ml.

A body butter
that leaves skin
soft, smooth and
hydrated featuring
a delightful blend
of green lemon,
orange blossom,
neroli and thyme.

EDITOR'S FAVOURITES



Chloé Signature EDP, \$130 for 50ml. A vibrant, feminine fragrance with starting notes of peony, lychee and freesia. It features base notes of rose, magnolia and lily of the valley, as well as amber and cedarwood. This is set to become a modern classic – a truly special perfume.

Si by Giorgio Armani, \$160 for 100ml. An elegant, feminine fragrance that combines an inflection of cassis nectar, chypre and light musky wood for an enchanting scent.



M·A·C Powder Blush Brush 129, \$70. An all-purpose brush for blush or face powder. The fibres are soft and form a full, rounded shape.

**WE LOVE BEAUTY
PRODUCTS AND
THEN SOME. HERE
ARE THE LATEST AND
GREATEST GOODIES
THAT THE BELLA
BEAUTY SQUAD CAN'T
GET ENOUGH OF!**

BABOR SPA Balancing Cashmere Wood Soothing Massage Candle, \$79. Spoil yourself with a warm, woody fragrance and luxurious almond oil that leaves the skin soft and supple – and doubles up as a candle!





Sisley Paris Phyto Levres Perfect, \$62. An easy to apply, smooth lead for precise, long-lasting lip-lining action (and pigment that really packs a punch!).

RITES



Clinique Moisture Surge Intense, \$75 for 50ml. A lightweight gel that improves skin's natural moisture retention ability for longer lasting hydration. Suitable for all skin types, it addresses the cause and effects of skin dehydration.



Napoleon Perdis Auto Pilot Pre-Foundation Skin Primer, \$59 for 50ml. Hydrates the skin while creating a smooth and even surface so makeup lasts longer and looks fresh all day.

Benefit Concealer Boing in 2, \$37.00. An industrial-strength concealer that camouflages dark circles, shadows and discolouration for a seamless, natural-looking finish without creasing or fading.

Amy Jean Brow Ink, \$35. A killer product from the celebrity go-to girl for wow brows. A colored mascara for the brows with a powdery finish, this beauty glides on with a super-fine applicator wand. Perfect for that little boost of colour!

Sisley Paris Phyto-Lip Gloss in Rose, \$50. Shine it up with a gloss rich in botanical active ingredients for smooth lips and a plumping effect. If you had to only have one shade of gloss, this one is it!



SODA & Co Pink Lemonade Body Wash, \$12.95 for 250ml. Who said bath time can't be fun for adults too? Jump into this delightful smelling range featuring Pink Lemonade, Orange Splash and Mint Burst.



Medik8 Pore Refining Toner, \$39 for 150ml. A gentle, alcohol-free toner containing a unique prebiotic to promote the growth of healthy bacteria, which helps balance and prepare the skin.



Helen Dowsley Ethically Sourced Lashes, \$12 a pair or \$50 for a set of 10. A hand-made synthetic fibre, easy to apply and individually designed to look fabulous all day and night.

CUSTOM BLOG WRITING

WANT TO INCREASE PATIENT ENGAGEMENT?
IMPROVE YOUR WEB TRAFFIC?
GROW PATIENT NUMBERS?

BLOGGING IS ESSENTIAL TO GET YOUR CLINIC NOTICED.
LET US DO THE HARD WORK FOR YOU!

Expert writers in the cosmetic enhancement industry

Blogs optimised for SEO

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Image procurement

Topic planning around your procedures, products and services

Writing, editing, linking, posting

Unlimited revisions

A GOOD BLOG CAN MAKE A BIG DIFFERENCE.
TALK TO THE COSMETIC ENHANCEMENT CONTENT EXPERTS TODAY!

Body Balance

Reshaping can create the look you want

Breast augmentation can enhance the natural size and shape of your breasts

Refinement in Cosmetic Surgery

With breast augmentation, your natural form can be enhanced and complemented. This results in a balanced and symmetrical effect that suits your individual body type and achieves a feminine silhouette.

Liposuction to Shape and Contour

With liposuction, Dr John Flynn can reshape and contour your form to achieve balance between your body's proportions. Areas such as the abdomen and inner and outer thighs respond particularly well to this procedure.



Dr John Flynn

M.B., B.S., Dip. R.A.C.O.G., F.R.A.C.G.P.
Dip. P. Dermatology., F.A.C.C.S.

Fellow of the Australasian College of Cosmetic Surgery

Certified by the American Board of Laser Surgery

Dr John Flynn has over 20 years of experience as a medical practitioner on the Gold Coast



For more information or to make an appointment call Cosmedic and Skin Clinic

07 5588 4777

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50 Marine Parade, Southport QLD 4215
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cosmedic
& skin clinic

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